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Editors

Lynne McTaggart and Bryan Hubbard

COMMENT

A FINGER ON THE PULSE

If we had a dollar for everyone who has written in to tell us about their amazing new "quantum device," we could retire tomorrow.

Everywhere you look, there are products claiming to heal you via newly tapped-into "frequencies" or "standing waves" or electromagnetism and to manage them by way of wands, tuning forks or anything else that sounds vaguely "quantum."

They're right in one regard. The body is an energy system, and, what's more, this is hardly a new idea. Russian scientist Alexander Gurwitsch first discovered what he called "mitogenetic radiation" in onion roots in the 1920s. He postulated that a field, rather than chemicals alone, was probably responsible for the structural formation of the body.

Although Gurwitsch's work was largely theoretical, later researchers were able to show that a weak radiation from tissues stimulates cell growth in neighboring tissues of the same organism.

German-born physicist Herbert Fröhlich of the UK's University of Liverpool was one of the first to introduce the idea that some sort of collective vibration was responsible for getting proteins to cooperate and carry out instructions for DNA and cellular proteins.

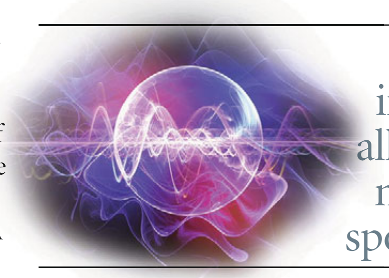
Fröhlich even predicted that certain frequencies (now termed "Frohlich frequencies") just beneath the membranes of the cell could be generated by vibrations in these proteins.

In his view, wave communication was the means by which the smaller activities of proteins—the work of amino acids, for instance—would be carried out and a good way to synchronize activities between proteins and the system as a whole.

Nevertheless, all these theories and more were ignored because no equipment had been sensitive enough to prove they were right—until the accidental discoveries of German physicist Fritz-Albert Popp in the mid-1970s.

Popp stumbled upon the fact that all living things, from single-celled plants to human beings, emit a constant tiny current of photons—tiny particles of light.

He called them "biophoton emissions," and for more than 40 years until his death in 2018, Popp created sophisticated equipment to measure this light, maintaining that this faint radiation, rather than biochemistry, is the true driving force orchestrating and coordinating all cellular processes in the body.



> "With the public's increasing interest in all things quantum, the marketing folks have spotted an opportunity"

Popp theorized that this light must be like a master tuning fork setting off certain frequencies that would be followed by other molecules of the body. He carried out years of impeccable experimentation that demonstrated these tiny frequencies were mainly stored and emitted from the DNA of cells. The signals contained valuable information about the state of the body's health and the effects of any particular therapy.

Initially vilified for his theory, Popp was eventually recognized by the German government and then internationally. Later he formed the International Institute of Biophysics (IIB), composed of scientists from international centers all around the world. Since his death, the work has carried on.

Nevertheless, until recently, any medical applications of the energetic communication in the body were utterly swept aside with the ascendancy of biochemistry, which proposed that everything could be explained by hormones or chemical reactions.

But with the public's increasing interest in all things quantum, the marketing folks have spotted an opportunity. A raft of new products is now on the market purporting to heal all manner of illnesses by fiddling with our frequencies.

Many come with extraordinary professional testimonials. For instance, Hawaiian integrative doctor Linda Nadia Hole claimed to be an "unabashed sceptic" about "scalar waves" in an online paper, asking, "How can sitting in a room with computers incessantly flashing iridescent colors across the screen possibly be healing?"

But then, after experimenting with the EESystem scalar energy device (see page 29) on a load of patients, including six veterans and the wife of another veteran, Dr Hole became a true believer.

According to her case notes on 10 such patients, the equipment was able to heal symptoms of bladder cancer, restore hearing and memory loss, normalize blood sugar and lower extremity numbness in a diabetic, heal paralysis, and help a patient get off of a cocktail of meds for bipolar disorder, high blood pressure, thyroid problems and more.

Extraordinarily promising, no doubt. The problem is, with the exception of those made by the companies Rayonex and BIOCOM, which offer clinical evidence for their products, not all devices have much in the way of transparency about how they work or even proof that they actually do.

Some have complex scientific and patented processes; others are essentially hair dryers.

Dr Robert Verkerk, founder and head of the international Alliance for Natural Health, and his team have patiently examined 23 such products to see what we know about them.

The answer is very little (see pages 28–29), and he and the Alliance have impressed upon this burgeoning industry the need for self-regulation before they are "kneecapped" by regulatory authorities.

Energy medicine is clearly the medicine of the future, particularly in light of the sheer size of the damage wreaked by prescription drugs, now the third leading cause of death in America and elsewhere.

But to offer anything superior, this new medicine needs to be put to the clinical test and regulated by the industry. Otherwise it is no improvement, nothing more than a quantum pharmaceutical industry pocketing a quick buck at the public's expense.

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> *"Light is the medicine of the Future"*
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> Dr. John Ott, Pioneer in Photobiology author of Health and Light

Like the fuel & ignition system of a car working together in harmony, the human body requires fuel (in the form of nutritional high quality food), oxygen, clean water and a spark (in the form of light) to ignite the process of metabolism.

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Katrina Hands, Remedial and Sports Massage Therapist, Biomechanics Coach, Running Technique Coach and a Dog Agility Competitor and Trainer

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What you now get with your subscription

Lynne McTaggart and Bryan Hubbard

Dear *WDDTY* subscriber,

We went through an evolutionary shift last November. Having been a print publisher for more than 30 years, with our website puffing far behind, we became a "web first" publisher. Not that the magazine was forgotten—if you're a print subscriber, the fact you're holding a copy in your hands is testament to that—but articles destined for a particular issue are now published first on the revamped website (wddty.com).

With the relaunch, we have also reduced the subscription types to just two: print and digital or digital-only. Print-only has disappeared, and to receive the actual magazine each month, you now opt for print and digital.

Choosing this option opens up the whole website and its many benefits to you. Yes, you'll still get the magazine delivered to your door each month, but you'll also enjoy:

- Subscriber discounts: we've negotiated great discounts on a range of health products and supplements. Biocare, one of the world's leading suppliers of high-quality supplements, is the latest to offer discounts across its entire product range (see the latest offers on pages 56–57)
- Monthly *WDDTY* Talks: you have free access to our monthly webinars. Each month we talk with a health pioneer, and you can ask a question about a specific health concern if you join the live session. Each talk is recorded, so you can watch at any time.
- Search our database: *WDDTY* has assembled one of the largest databases of alternative health information, and you can search every word of it.
- Download e-books: you can access 21 e-books, seven reports and two fact sheets as part of your subscription, which you can download and store on your own PC.

The way you log in has changed. With the previous site, you needed your email and password, but now you need to enter your subscriber number, which is on the address label on the envelope in which your issue was delivered. We've produced a series of videos that help you log in and navigate the site, which you can see at wddty.com/faqs.

Once you've logged in, you can also access your own account, where you can change your address and see your subscriber status.

We hope that you like the changes and that you make good use of all the extra benefits your subscription now offers.

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Scientists have identified six factors that reduce dementia and Alzheimer's risk by as much as 90 percent—and your diet is the main one that will keep you mentally sharp throughout your life, especially after you reach the age of 65
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WHAT DOCTORS DON'T TELL YOU

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ISSN 1352-1241

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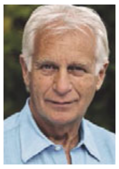
EDITORIAL PANEL

What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.

Dr Damien Downing, a specialist in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine, on the editorial board of *Orthomolecular Medicine News Service*, Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), and author of numerous books including *The Vitamin Cure for Allergies*.

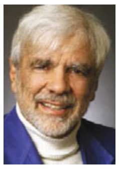
Dr Michel Odent, a French-trained surgeon and obstetrician, is a pioneer of the natural birth movement, emphasizing home and water birth. Founder of the Primal Health Research Centre in the UK, he has written some 50 scientific papers and 11 books.

Dr Sarah Myhill has worked in the UK National Health Service and private practice since 1981. Honorary Secretary of the British Society for Ecological Medicine for 17 years, she is a frequent lecturer and author of *Sustainable Medicine* and *Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis.*



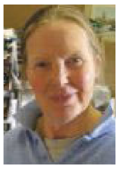
Craig Sams is the co-founder of Whole Earth Foods and founder and president of Green & Blacks Organic Chocolate, as well as director of Soil Association Certification, executive chairman of Carbon Gold Ltd., a carbon sequestration business, and a trustee of the Slow Food Trust UK. He has authored four books, including *The Little Food Book*.

Dr Harald Gaier is a UK-registered osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr Gaier has authored numerous scientific papers and *The Encyclopedia of Homeopathy*.



Dr Jonathan Wright, medical director of the Tahoma Clinic in Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association and the International College of Advanced Longevity Medicine, he has published 11 books.

Janet Balaskas, who named and inspired the Active Birth Movement in the 1970s, helped revolutionize maternity practices worldwide. Janet is the founder and director of the Active Birth Centre in North London and author of nine books including *Active Birth, Preparing for Birth with Yoga* and *Easy Exercises for Pregnancy.*



Sally Bunday is founder of the The Hyperactive Children's Support Group, the first organization to draw attention to the role of diet and nutrition, particularly food additives and essential fatty acid deficiencies, in childhood behavior problems. The charity has helped thousands of families in its more than 30-year history.

HAVE YOUR SAY

A Curaderm for cancer

I have been a fan of *WDDTY* ever since reading about how your mother-in-law [Lynne McTaggart's mother-in-law, Bryan Hubbard's mother] was cured of breast cancer under Dr Patrick Kingsley in 1999.

My father developed cancer but unfortunately would not see Dr Kingsley, and he died. My daughter developed breast cancer, and I contacted Dr Kingsley again, but I was totally gutted as he could not help since he had retired.

My daughter's cancer was triple negative and turbo-charged; she died within three months of diagnosis, and we have never recovered from our loss. We were only able to apply a few *WDDTY* recommendations as it progressed so fast, she did not actually die from the cancer but from hospital-induced pneumonia (due to radiotherapy she chose to have in a panic).

My eldest daughter has a lesion on her shoulder which never goes away, and she is certain it is a basal cell carcinoma. I read on *WDDTY*'s website about Curaderm. Is there a trusted supplier in the UK or elsewhere?

I want to send for some for her as she is getting very worried about it. She has tried bloodroot but was fearful she could end up with cellulitis, which she thinks did happen when she tried it before.

I love *WDDTY*, and I am currently following your recommendations for type 2 diabetes and ongoing recovery for heart attacks. I'm so glad I found you and don't know what I would do without *WDDTY*.

S Sheffield, via email

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CURADERM GLOBAL
BEC5
Curaderm
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20ml

> **“My eldest daughter has a lesion on her shoulder which never goes away . . . I read on WDDTY's website about Curaderm. Is there a trusted supplier in the UK or elsewhere?”**

WDDTY reply:
Our condolences on the loss of your father and daughter. We're glad to hear you have found the magazine helpful, and we would love to help this time as well.

In the UK, you can order Curaderm online at For the Ageless (fortheageless.com) or at Ancient Purity (ancientpurity.com).

Buh-bye, skin tags and more

Before reading your article about DMSO in the March 2023 issue (“Pulp Fix-It”), I was among the numerous people it mentioned who had never heard of the substance. Considering I'm prone to headaches, including migraines, I read about its analgesic properties with a great deal of interest.

However, I thought it would be better to try it on something simpler first. After a bit of reading on several online sources, I decided to apply it to skin tags and see what would happen.

I followed the instructions from Dr Sarah Myhill as stated in your article: I found a USP pharma-grade one bottled in glass on Amazon, diluted it and applied it directly to the skin tags three times a day with a cotton swab after washing the skin thoroughly.

I tried it on several skin tags on my face that were caused by friction from wearing glasses and resting my chin on my hand, and two on my shoulders (thanks so much, bra straps).

For a few minutes after application, the skin stung and itched a little. As far as the results I got, the action was not rapid, but it worked within about a week and left no scarring. In my opinion, it's pretty amazing.

I also had my husband try it topically for a hip injury that had been keeping him up at night. I figured it would be similar to how the athletes in your article used it, and I was right: we applied it to the side of his hip before bed, and he was finally able to sleep without being awakened in agony every time he rolled over.

Based on these results, I'll definitely be trying DMSO the next time I feel a migraine coming on. Oral painkillers are typically not very effective on me, and I don't like taking them because of their other negative effects. As a result, I usually just deal with the pain, although I've found a daily magnesium supplement helps lower the frequency of my headaches.

Even if it works, I still probably won't be turning to DMSO every time I have a headache since I question the wisdom of doing that with any remedy. But with DMSO's long history of few or no side-effects, I feel more confident that it's a wise choice. Thank you for making me aware of it.

G Dalton, Seattle WA

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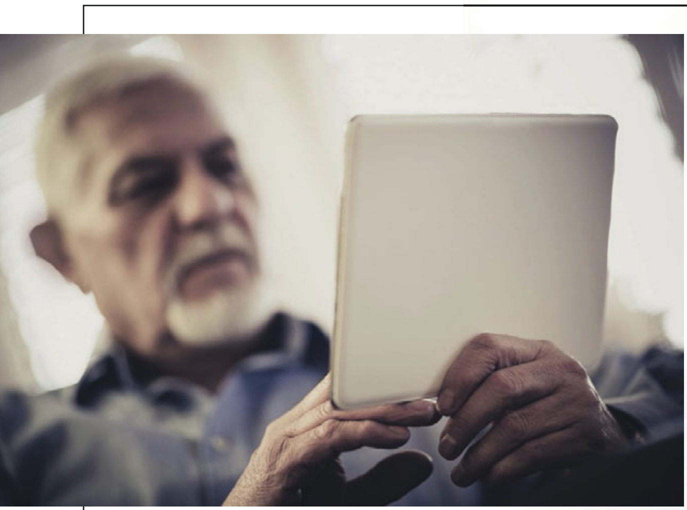


Send an email to reduce your dementia risk

Texting and emailing people can reduce your risk of developing dementia if you live alone.

Social isolation has been recognized as a "substantial risk factor" for dementia—but even texting or sending emails can combat the damaging effects of loneliness, say researchers from the Johns Hopkins University School of Medicine.

They estimate that social isolation raises the risk of dementia by 28 percent, but people who are isolated can reduce the risk of social isolation by as much as 31 percent if they regularly use a cell phone or send texts or email. They looked at the impact of social isolation on a group of 5,022 people aged 65 years or older.

Around a quarter of Americans in that age range are socially isolated, a social problem that was exacerbated by the recent Covid restrictions.

Even if you rarely leave home, using a cell phone or communicating with the outside world can help you feel more connected. Social connections of any kind are good for our cognitive health, said Thomas Cudjoe, one of the researchers.

J Am Geriatr Soc, 2023; doi: 10.1111/jgs.18140
J Am Geriatr Soc, 2023; doi: 10.1111/jgs.18179

Vitamin D prevents cancer—but only if you're not overweight

Vitamin D is a "power nutrient" that helps prevent cancer, heart attack and stroke—but only if you're not overweight. It has very little benefit for people with a BMI (body-mass index) above 25, who seem to metabolize the vitamin differently.

Overweight and obese people may need to dramatically up the recommended dose or get more tailored support, say researchers from Brigham and Women's Hospital.

They assessed the benefits of taking vitamin D supplements in a group of 16,515 healthy people who were more than 50 years old. The initial results found the vitamin wasn't helping prevent cancer or heart problems—but when the researchers stripped out the results from those with a BMI greater than 25, they saw up to a 40 percent reduction in cancers, heart disease and other chronic conditions.

The overall results were dampened in overweight or obese participants, who didn't get any benefits from the vitamin. "There seems to be something different happening with vitamin D metabolism at higher body weights," said Deirdre K. Tobias, one of the researchers.

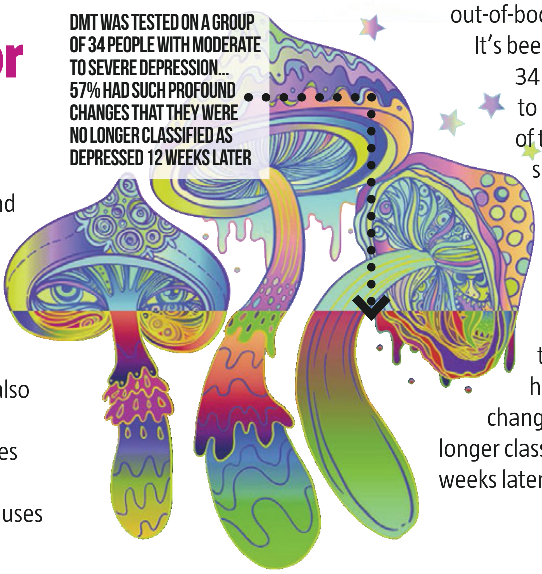
JAMA Netw Open, 2023; 6(1): e2250681

Psychedelics reverse major depression

A psychedelic drug known as the "spiritual molecule" can ease and even reverse major depression.

DMT (dimethyltryptamine), the active ingredient in ayahuasca, is similar to the active ingredients in LSD and magic mushrooms, which have also helped ease depression.

The difference is that DMT gives people a short "trip" of just 20 minutes or so, although it still causes them to have hallucinations and out-of-body experiences.



DMT WAS TESTED ON A GROUP OF 34 PEOPLE WITH MODERATE TO SEVERE DEPRESSION... 57% HAD SUCH PROFOUND CHANGES THAT THEY WERE NO LONGER CLASSIFIED AS DEPRESSED 12 WEEKS LATER

It's been tested on a group of 34 people with moderate to severe depression. Half of the group had just one session of DMT followed by a 90-minute therapy session, while the other half took a placebo and underwent a therapy session. Of those who took the DMT, 57 percent had such profound changes that they were no longer classified as depressed 12 weeks later.

The biotech start-up Small Pharma performed the testing—its product is currently called SPL026—and the latest trial is a step toward gaining full approval as a prescription drug.

The researchers tested it against a placebo, or dummy drug, and it achieved an 11-point drop in a standard depression rating score compared to a 3.6-point fall in the placebo group.

They gave a 21.5-mg infusion of SPL026 that resulted in a 20- to 30-minute psychedelic experience.

Small Pharma, "Small Pharma Reports Positive Top-Line Results from Phase IIa Trial of SPL026 in Major Depressive Disorder," January 25, 2023, SmallPharma.com

Probiotics block MRSA superbug

Probiotics can combat superbugs in the gut that have become resistant to antibiotics. They successfully attacked a colony of MRSA (methicillin-resistant *Staphylococcus aureus*), superbugs that can cause serious skin, bone, lung and blood infections when the skin barrier is broken.

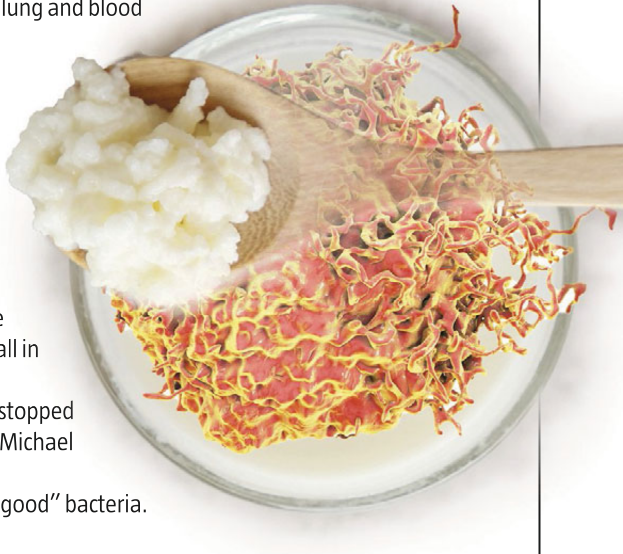
A research team from the National Institute of Allergy and Infectious Diseases in the US used the probiotic *Bacillus subtilis* on 115 participants who all had been infected with the MRSA bug. Around half were given the probiotic every day for four weeks, and the rest had a placebo.

After the four weeks, those taking the probiotic had a 96.8 percent reduction of the superbug in their stools and a 65.4 percent fall in the amount found in their nasal passages.

The probiotic didn't kill the bacteria, but it stopped them from reproducing and developing, said Michael Otto, one of the researchers.

And unlike antibiotics, it doesn't strip the gut of "good" bacteria.

Lancet Microbe, 2023; 4(2): E75–E83



A healthy diet is the main factor in reducing your dementia risk

Eating a balanced diet that includes lots of vegetables dramatically reduces your risk of dementia. Scientists have identified six factors that reduce dementia and Alzheimer's risk by as much as 90 percent—and your diet is the main one that will keep you mentally sharp throughout your life, especially after you reach the age of 65.

According to the study, eating the recommended amounts of fruits, vegetables, fish, meat, dairy, salt, oil, eggs, cereals, legumes, nuts and tea most of the time is by far the best way to ward off mental decline. Other lifestyle habits, such as engaging your brain by reading or solving puzzles and doing regular daily exercise, also help, say researchers from the National Centre for Neurological Disorders in Beijing, who assessed the effectiveness of six lifestyle factors on mental decline.

They monitored nearly 30,000 participants with an average age of 72 for 10 years. Around 20 percent were carriers of the APOE e4 gene, which increases the risk of Alzheimer's disease.

The researchers identified six lifestyle factors that could impact cognitive health: a healthy diet, regular moderate exercise of 20 minutes a day, meeting up with friends and family twice a week, reading or solving puzzles at least twice a week, not smoking and not drinking.

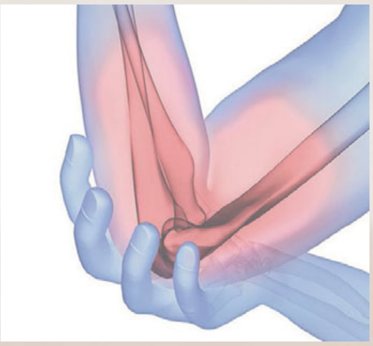
Those who had all the factors or at least four of them were 90 percent less likely to suffer from dementia or Alzheimer's than those who adopted one or none of them—and those with the APOE gene had the same protection as the non-carriers.

Of course, age is the single biggest risk factor for dementia, but the over-65s who adopt at least four of the lifestyle factors, especially a healthy diet, can dramatically reduce that risk, the researchers say.

BMJ, 2023; 380: e072691

HEALTH FACT

Those who eat a healthy diet, exercise, socialize, do mental tasks, and avoid smoking and alcohol reduce their dementia risk by 90%



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Acute ankle sprain

A large-scale study has shown that Traumeel® ointment & gel was as effective as diclofenac in pain reduction and functional improvement in the treatment of acute ankle sprains.[1] Compared with a placebo, Traumeel® ointment was an effective treatment for activity-related ankle sprains, scienificantly improving mobility and reducing pain.[2]

Tendon pain

Compared with diclofenac (an NSAID), Traumeel® ointment reduced pain and achieved a significantly faster return to normal activities.[4]

Acute musculoskeletal injury

Compared with a placebo, Traumeel® ointment was significantly more effective in restoring muscle function and reducing pain from musculoskeletal injuries.[3]

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Drink beetroot juice to power up your exercise

Want to power up your exercise effectiveness to the next level? Then start drinking some beetroot juice before each session.

The juice's main ingredient is dietary nitrate, a molecule that increases muscle force while you're exercising. It boosts endurance levels and makes high-intensity workouts more effective. Our bodies convert the nitrate into nitric oxide that feeds our cells, researchers at the University of Exeter explain.

They traced the way the body metabolizes nitrates in a group of 10 volunteers, who did 60 quadriceps contractions an hour after drinking the juice. Nitrates increased muscle force by 7 percent during the exercises.

Acta Physiologica, 2023; doi: 10.1111/apha.13924

The best four ways to reduce your risk of Alzheimer's and Parkinson's

There are four things you can do right now to reduce your chances of developing Alzheimer's and Parkinson's as you get older.

All four trigger the release of a special protein—BDNF, or brain-derived neurotrophic factor—that keeps the brain "plastic" and helps it create new connections and pathways.

The most effective strategy is regular bursts of high-intensity exercise for six minutes, say researchers from the University of Otago in New Zealand—but 20-hour fasts, 90 minutes of light exercise, and a combination of exercise and fasting all help release BDNF.

Short bursts of intense exercise increase levels of BDNF by up to five times more than fasting or light exercise on their own, the researchers say, although undertaking longer periods of fasting—up to three days, perhaps—or starting the fast with exercise could also stimulate more BDNF.

The researchers tested the different approaches on 12 participants, aged 18 to 56, who were already physically active. They aren't sure why intense exercise is the most effective but think it may have to do with the sudden release of platelets, the body's smallest blood cells, which store large amounts of BDNF.

They are doing more research into strategies that release BDNF, but they already think that combining fasting and exercise could be just as effective as doing short bursts of intensive exercise.

J Physiol, 2023; doi: 10.1113/JP283582

Sleeping meds increase dementia risk

Sleeping meds dramatically increase the risk of dementia in white older adults but not black older adults. White older adults who regularly take the pills are nearly 80 percent more likely to develop dementia compared to those who rarely or never use sleep aids.

Drugs that increase the risk include the benzodiazepines, such as Halcion, Dalmane and Restoril; the antidepressant trazodone, marketed as Desyrel; and "Z drugs," sedative-hypnotics such as Ambien.

Researchers from the University of California at San Francisco analyzed data from 3,000 healthy people with an average age of 74. During the nine years of the study, around 20 percent developed dementia, and the researchers saw a strong connection between sleeping pills and cognitive decline in white participants.

People suffering from insomnia should think twice before taking sleeping meds, said Yue Leng, one of the researchers. Instead, they should turn to therapies such as CBT-I (cognitive behavioral therapy for insomnia) or try safer medications such as melatonin.

J Alzheimer's Dis, 2023; 91(3): 1133

Walking for five minutes can keep your heart healthy

Getting up from your computer screen for a five-minute walk every half-hour can help keep your heart healthy.

These short breaks are enough to counter the effects of prolonged sitting; they lower blood sugar levels and reduce blood pressure, say researchers from the Columbia University Irving Medical Center.

The half-hour break was the most effective of five approaches the researchers tested on 11 participants, who were asked to sit for eight hours. They either had to sit without moving at all or were asked to walk for various periods and during different hourly schedules while their blood pressure and glucose levels were measured.

The best results were achieved by walking for five minutes every 30 minutes; the exercise also improved mood and reduced fatigue.

Med Sci Sports Exerc, 2023; doi: 10.1249/MSS.0000000000003109

The two amino acids that support the nervous system

We've all heard about the essential nutrients—but spare a thought for two "nonessential" ones that support our nervous system.

Serine and glycine are amino acids that are very essential for diabetics, who are more likely to suffer from nerve damage in the hands and feet, which results in weakness, numbness and pain. Diabetics who are low in serine are especially at risk because it forces the body to use a different amino acid that eventually causes peripheral neuropathy.

Researchers at the Salk Institute have been using mice to track the way serine deficiency causes nerve damage. Serine deficiency can also lead to blindness, and serine supplementation is being tested as an Alzheimer's preventive.

Serine-rich foods include soybeans, nuts, eggs, chickpeas, lentils, meat and fish.

Nature, 2023; 614: 118–24

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Registered Practitioner with British Dowsers

Car pollution affects our memory

Get out into the countryside and take in giant gulps of pollution-free air—your brain will thank you.

Breathing even moderate levels of traffic pollution for a few hours starts to affect the way the brain functions. Exposure to diesel exhaust changes the way the brain's neural pathways connect, and this affects our memory and ability to problem-solve.

Researchers from the University of British Columbia tested the effects of diesel pollution on a group of 25 volunteers whose brain activity was measured with functional magnetic resonance imaging (fMRI) before and after exposure.

The good news is that brain impairment is temporary, and healthy neural connections started up again when the participants began to breathe in fresh, unpolluted air.

Getting out into the countryside is a great way to get your brain working healthily again, but there are little things we can do in the meantime, the researchers say.

For one, don't sit in a traffic jam with your windows down, and make sure your car air filter is working properly. If you're walking or biking, try to find some quieter routes that avoid heavy traffic concentration.

"Air pollution is now recognized as the largest environmental threat to human health and we are increasingly seeing the impact across all major organ systems," said Chris Carlsten, one of the researchers.

Environ Health, 2023; 22, art 7

Antidepressants block feelings of success

Antidepressants suppress feelings of joy and pleasure—and it could be because they affect our ability to have a sense of reward or success, a new study has found.

Although it's been known for a while that SSRI (selective serotonin reuptake inhibitor) antidepressants blunt the senses, researchers from Cambridge University have discovered a likely reason: they interfere with our ability to change our behavior after receiving sensory feedback or to enjoy rewards when we are successful.

In the study, people taking the drugs for more than 21 days couldn't differentiate between one option that almost always delivered a reward and another that rarely did so.

The Cambridge researchers tested the SSRI escitalopram on a group of 66 volunteers who weren't suffering from depression to see how the drug affected them after 21 days. Their responses were compared to others in the group who were instead given a placebo.

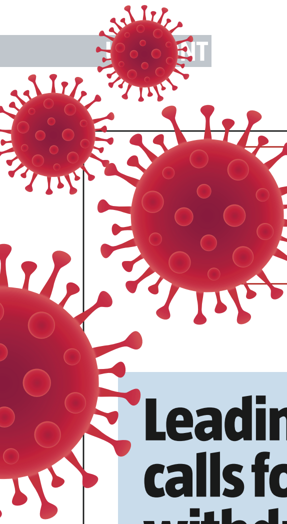
The drugs blunted emotions and pleasurable feelings, the researchers confirmed, and this could be explained by their ability to block any sense of reward from an action, or "reinforcement learning," as the Cambridge researchers describe it.

The participants were asked to select one of two options: one produced a reward four times out of five, while the second did so one time out of five. Although those given the placebo quickly learned the difference and started selecting the reward-rich option, those taking the SSRI were unable to differentiate and carried on making their decisions randomly.

"The SSRIs take away enjoyment, and from our study we can now see that this is because people taking them become less sensitive to rewards, which provide important feedback," said Barbara Sahakian, one of the researchers.

Those taking the drug also had difficulty reaching orgasm during sex.

Neuropsychopharmacology, 2023; doi: 10.1038/s41386-022-01523-x



COVID-19 NEWS

Leading scientist calls for immediate withdrawal of mRNA Covid jabs

A clinical scientist—who headed up key research into the safety of the mRNA Covid vaccines—is now calling for their immediate withdrawal after discovering new evidence about their dangers.

Joseph Fraiman, an emergency physician at the Thibodaux Regional Health System in Louisiana, has changed his position on the vaccines after witnessing a high rate of harm and cardiac deaths in the vaccinated since the study was published last August.

The rate of serious adverse events from the vaccine is far worse than the rate of one in 800 he reported in his paper.

The study, which was co-authored by Peter Doshi, a senior editor with *The BMJ*, had reevaluated the safety data collated by Pfizer and Moderna, the two manufacturers of the mRNA vaccines. The vaccines had a combined risk of serious adverse events, including deaths, of 12.5 cases per 10,000 vaccinated, or one in every 8,005, the researchers had found, although the Pfizer one was more dangerous, with a rate of adverse events that was 36 percent higher than placebo.

Vaccine, 2022; 40(40): 5798–5805

Facemasks don't stop Covid spreading

Wearing facemasks doesn't stop the spread of the Covid-19 virus—and it doesn't stop you from catching it, an independent study has found.

Although mask-wearing was one of the key public health responses to stop the spread of Covid, standard or surgical masks or N95 or P2 respirators made "little or no difference," researchers at the Cochrane Collaboration concluded after analyzing 12 studies that had monitored more than 600,000 people. Several of the studies involved healthcare workers who were wearing masks.

A more effective strategy is frequent handwashing. As viruses can settle on surfaces, regularly washing your hands and not touching your eyes, nose and mouth are 11 percent more likely to prevent infection, the researchers said. To learn more, see Last Word, page 66.

Cochrane Database of Syst Rev, 2023; 1, art CD006207

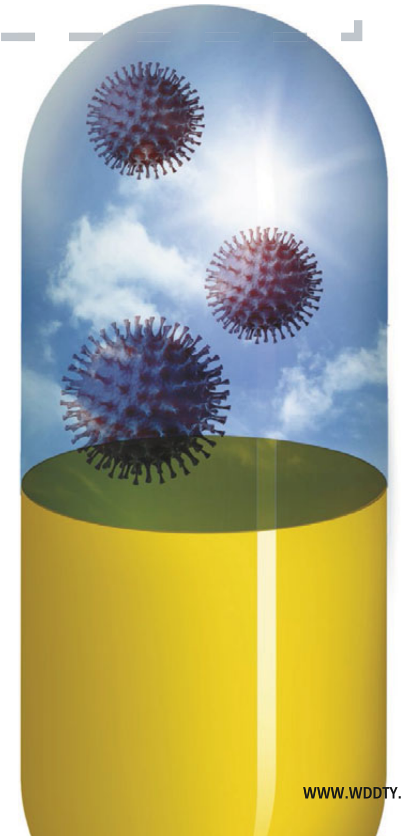
Vitamin D halves the risk of dying from Covid

Vitamin D halves the risk of dying from Covid-19 or suffering a life-threatening infection.

The protective effect of vitamin D supplements against a serious Covid infection has been conclusively established, say researchers from the National Relevance Hospital Trust in Palermo, Italy.

They looked at five randomized controlled clinical trials (RCTs)—considered the gold standard of medical studies—and found that people taking vitamin D supplements were half as likely to die from Covid and 28 percent less likely to need emergency treatment in an ICU.

Pharmaceuticals, 2023; 16(1): 130



Injuries heal slower after we argue

When we get into a row with our partner, we lower our immune system's ability to heal wounds.

Wounds take an extra day to heal after we've argued with someone close to us. A heated argument also increases levels of inflammation in the body, say researchers at Ohio State University. The stress from even a brief argument interferes with the body's wound-healing abilities.

The health implications for people in relationships where arguments are common could be more severe as inflammation is a precursor of diabetes, heart disease, arthritis and some cancers.

In the study, 42 married partners who had been together for an average of 12 years were monitored before and after having a heated argument, and their immune system function was measured while healing a small blister the researchers created on each partner's forearm.

The participants were recorded having two discussions: the first was about social support and the second was about a source of tension, such as finances or in-laws. In follow-ups, the couples were asked how satisfied they were by the outcomes and whether they felt supported or understood.

Those who tried to avoid any conflict or withdrew from it had higher inflammatory markers and lowered immune system responses. Their wounds also took a further day to heal.

"Marriage is associated with better health, but chronically distressed marriages can worsen health," said Rosie Shrout, one of the researchers. She emphasized the role of negative communication patterns in the immune function measures.

Psychoneuroendocrinology, 2023; 149: 105989

Feeling alone can break your heart

Being socially isolated and being lonely are the unacknowledged risk factors for heart failure—but there's another level that researchers have just discovered.

It's not just being alone but feeling alone that really matters. When you live alone and feel alone, your risk of heart failure rises by as much as 20 percent. The study found the feeling of loneliness even affected heart health when a person wasn't socially isolated.

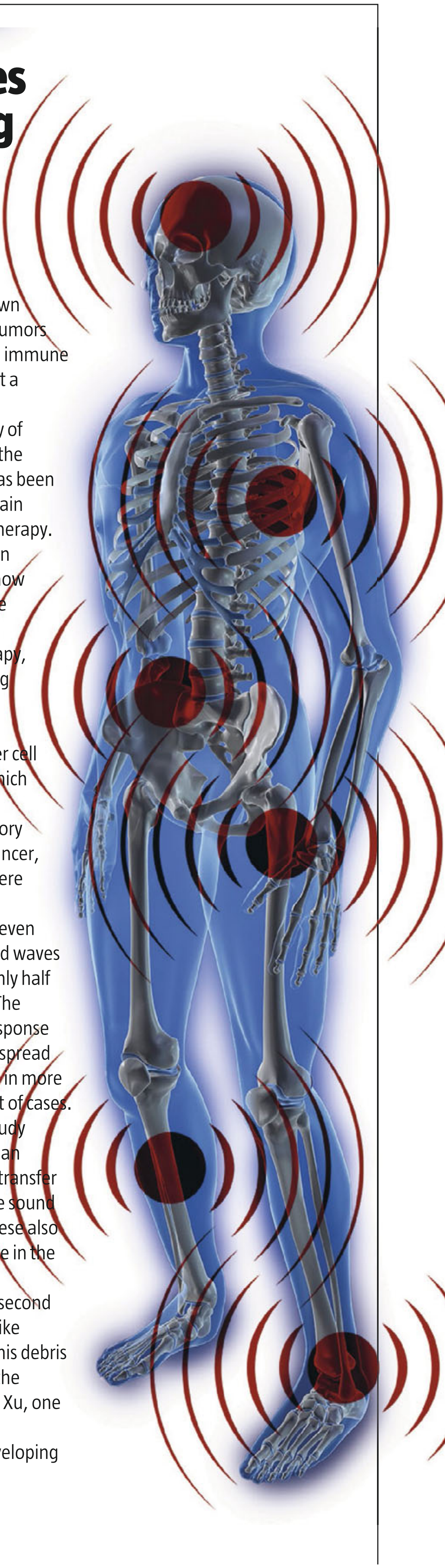
Researchers from the Guangzhou Medical University in China assessed the health of around 465,000 participants in the UK Biobank study and the impact of loneliness—and feelings of being alone—on heart disease and heart failure.

"Subjective loneliness was more important than objective social isolation," explained researcher Jihui Zhang. People can feel alone and isolated even if they're in a relationship if it is a hostile or stressful one.

These feelings may have been exacerbated during the recent Covid-19 lockdowns when people were forced to stay apart.

JACC Heart Fail, 2023; doi: 10.1016/jchf.2022.11.028

Sound waves are breaking down cancers



Sound waves are being harnessed to break down cancers. The technique—known as histotripsy—breaks apart tumors and makes them visible to the immune system, which can then mount a defense against the cancer.

Developed by the University of Michigan, it is being tested in the Hope4Liver clinical trial and has been successfully used alongside brain cancer therapy and immunotherapy.

In a new study, the Michigan researchers have discovered how histotripsy triggers an immune response to the cancer. With chemotherapy and radiotherapy, the entire cancer cell, including proteins known as tumor antigens, is destroyed, while histotripsy opens up the cancer cell wall to reveal the antigens, which alerts the immune system.

In tests on laboratory rats with liver cancer, the tumors were completely destroyed, even when sound waves targeted only half the mass. The immune response stopped the spread of the cancers in more than 80 percent of cases.

In a separate study with mice, the Michigan researchers were able to transfer the cancer cells exposed to the sound waves into other mice, and these also triggered an immune response in the second set of mice.

"Injecting the debris into a second mouse had almost a vaccine-like property. Mice that received this debris were surprisingly resistant to the growth of cancers," said Zhen Xu, one of the researchers.

The university has been developing histotripsy since 2001.

Front Immunol, 2023; doi: 10.3389/fimmu.2023.1012799

Not so fast: 5G hits legal hurdle

A UK legal challenge could make governments directly responsible for any health problems caused by the superfast 5G mobile phone network

The inexorable rollout of the superfast 5G mobile network has been met with a legal challenge in the UK courts—and it could have worldwide implications. If it's successful, governments may not be able to rely solely on health agencies, such as the World Health Organization (WHO), to assess the safety of the technology but will be directly responsible for the health of their citizens.

Governments will have a legal duty of care to point out all the possible health hazards—even if they haven't been proven—of the 5G (Fifth Generation) network, explain how people might reduce their exposure and create a system to monitor cases of illness that may have been caused by the network's radiofrequency radiation (RFR).

Although the challenge is specifically against the UK government, a judgment will create a legal precedent that may well have reverberations throughout Europe and the rest of the world.

The UK's Royal Courts of Justice believes that the UK government has a case to answer and that it has failed in its duty of public care and, as a result, it is in breach of the Human Rights Act 1998 and the European Convention on Human Rights.[1]

Judge Mary Stacey gave permission in a judicial review last February for the challenge to proceed after rejecting arguments from the UK government that RFR doesn't cause health problems, according to the conclusions of the ICNIRP (International Commission on Non-ionizing Radiation Protection), an arm of the WHO. Government didn't have a duty of care beyond that of following the guidelines of expert groups such as the ICNIRP, a representative argued.

And because there were no health risks with 5G, government health agencies didn't need to monitor for any adverse reactions to the network as it expands across the country.

> **The EU 5G Appeal, made up of 180 scientists and doctors from 36 countries, is calling for a moratorium on the 5G rollout**

Speaking for the claimants, Action Against 5G, a lobby group whose legal challenge was funded by public donations, leading civil rights lawyer Michael Mansfield argued that the ICNIRP hadn't categorically stated that 5G was safe. It had said there wasn't enough quality research to make a definitive judgment.

In its 2020 report, the ICNIRP had identified three potential health risks from radiofrequency EMFs (electromagnetic fields): nerve stimulation, changes to cell membranes and possible effects from heating cells.

As 5G radiation is much more powerful than the previous 4G network, it is negligent of government to assume there is no health risk. Governments should be telling their citizens about all the risks from RFR, proven or not, and ways they can protect themselves. People who are electro-sensitive, small children and people with metal implants, including pacemakers, are at special risk from RFRs, Mr Mansfield argued.

And we object, too

Action Against 5G isn't the only lobby group worried about the network's health impacts. The EU 5G Appeal, which is made up of 180 scientists and doctors from 36 countries, is calling for a moratorium on the 5G rollout "until potential hazards for human health and the environment have been fully investigated by scientists independent from industry."

It cites the precautionary principle as the wisest approach to an unproven technology such as 5G. The principle, adopted by the EU in 2005, states that when there is uncertainty about the impact on human health, "actions should be taken to avoid or diminish that harm."

The group also argues that the 5G rollout goes against the EU's own Resolution 1815, which requires regulators to "take all reasonable measures to reduce exposure to EMFs . . . and particularly the exposure to children and young people who seem to be at most risk from head tumors."

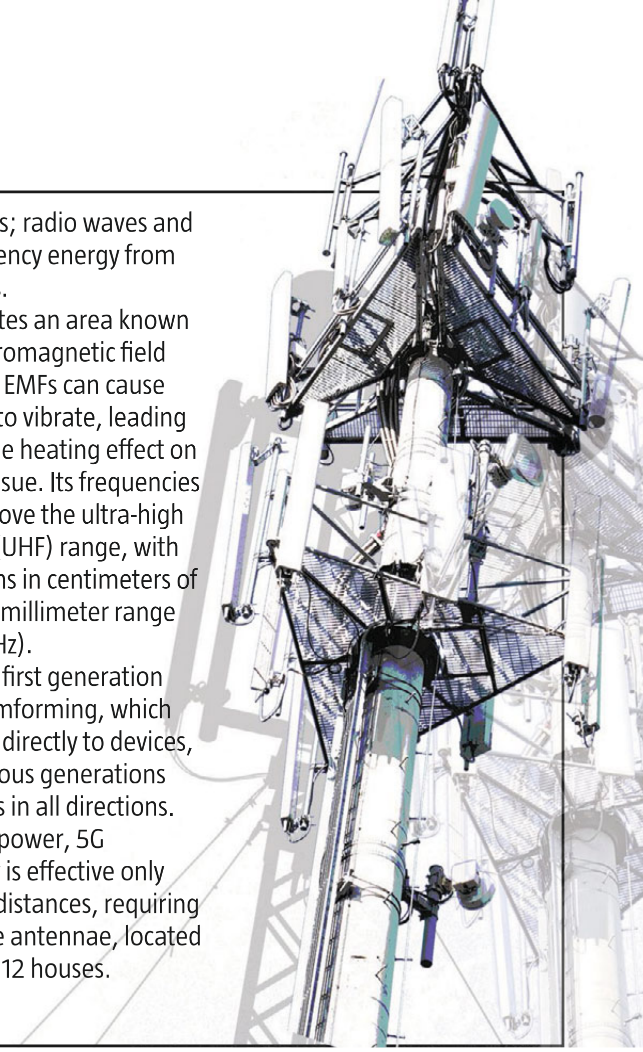
Not so independent

Even though the ICNIRP has highlighted a few potential health hazards, it is still viewed by some independent researchers as "an industry-loyal NGO (non-

Dr Henry Lai at the University of Washington has concluded that 263 of the 290 studies published since 1997, or 91%, reported statistically significant effects of radio-frequency radiation on free radical-related cellular processes, and only 27 studies (9%) found no significant effects governmental organization).” Many of its members are linked to companies in the telecommunications industry, and five of the six members of the International EMF Project, which is assessing long-term health risks of the 5G network, are also members of the ICNIRP.

Mixed messages about the dangers of mobile networks are the result of a conflict of interest among ICNIRP members and their relations to telecom companies, argues Lennart Hardell, a lecturer at the Faculty of Medicine and Health at Örebro University in Sweden.[2]

In 2011, the International Agency for Research on Cancer (IARC) evaluated cancer risks from RFR and classified it as a Group 2B risk, a possible human carcinogen. Despite this, “little or nothing has been done to reduce exposure and educate people on health hazards from RF radiation. On the contrary ambient levels have increased,” Hardell argued.



SO, WHAT IS 5G?

5G is 100 times faster than 4G and has 1,000 times greater capacity. It can support many more devices, including self-driving cars, virtual reality appliances, telemedicine, remote surveillance and telesurgery.

Launched in 2019, 5G uses higher frequencies of electromagnetic radiation—radio frequency radiation (RFR)—than earlier versions. RFR is non-ionizing radiation, which doesn’t impact on cells. It is a type of low-energy radiation that does not have enough energy to remove an electron (negative particle) from an atom or molecule. Non-ionizing radiation includes visible, infrared and ultraviolet light; microwaves; radio waves and radiofrequency energy from cell phones.

RFR creates an area known as an electromagnetic field (EMF), and EMFs can cause molecules to vibrate, leading to a possible heating effect on exposed tissue. Its frequencies are well above the ultra-high frequency (UHF) range, with wavelengths in centimeters of 3–30 GHz (millimeter range 30–300 GHz).

5G is the first generation to use beamforming, which sends data directly to devices, while previous generations sent signals in all directions. Despite its power, 5G technology is effective only over short distances, requiring many more antennae, located every 10 to 12 houses.

More evidence than you’d think

The WHO may be pulling its punches over RFRs, but that’s not been the case with some researchers. The Europa EM-EMF Guideline states “there is strong evidence that long-term exposure to certain EMFs is a risk factor for diseases such as some cancers, Alzheimer’s disease and male infertility.”[3] In the world’s largest study of RFRs, researchers from the National Toxicology Program noticed a “statistically significant increase” in brain and heart cancers in male animals exposed to EMFs that are below the ICNIRP’s safe levels.[4]

A review of 94 studies found that 80 percent of in vivo (real life) studies and 58 percent of in vitro (laboratory) studies “demonstrated effects . . . but do not provide adequate information for a meaningful safety assessment.”[5]

In an unpublished review of the evidence, Dr Henry Lai at the University of Washington has concluded that 263 of the 290 studies published since 1997, or 91 percent, reported statistically significant effects of RFR on free radical-related cellular processes, and only 27 (9 percent) found no significant effects.

He argues that RFR exposure consistently changes cellular free radical status and that effects can occur at low specific absorption rates (SAR) or power density of exposure. After reviewing 70 low-intensity exposure studies, he found 68 (91 percent) of them noted RFR has significant effects on free radical-related cellular processes.[6]

> **“With the telecom industry set to gain from the new network while also fielding the people researching its safety, some observers have seen parallels to the tobacco industry”**

The new tobacco?

Despite these concerns, 5G seems like a train that is out of control and can’t be stopped. Telecom companies are expected to invest US$57 billion in the new network, building higher network density, adding spectrum and upgrading equipment. The full potential and monetization of the new technology will happen over the next decade, industry researchers predict.

Far from being stopped in its tracks by any judicial review, the UK government is already preparing for the next generation—6G. It has given three UK universities £28 million in government funding to develop the 6G network in association with Nokia, Ericsson and Samsung. Another £80 million has funded the state-of-the-art UK Telecoms Lab to test new network equipment.

With the telecom industry set to gain from the new network while also fielding the people researching its safety, some observers have seen parallels to the tobacco industry.

Although scientists recognized tobacco as a major cause of lung cancer in the 1940s, the industry’s propaganda machine—which included marketing and paid-for research—was so effective that even as late as 1969, a third of American doctors still believed a link hadn’t been established.

Independent researchers fear that 5G is the “new tobacco.”

Bryan Hubbard

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Bad night's sleep? Here's what to do

We all have a bad night's sleep once in a while. But you don't have to spend the next day feeling tired and in a mental fog—and you don't have to reach for the coffee, either

A good night's sleep is vital for our health and wellbeing. Getting seven to nine hours of sleep each night helps to regulate our weight, reduces the risk of heart disease and keeps our immune system functioning properly.

But there are nights when you can't sleep or you wake up too early, unable to nod off again. The trouble is that you have a day of work ahead of you, so what can you do to get through it before a welcome return to bed?

Coffee

The obvious solution is coffee, and plenty of it. But you can have too much of a good thing, and the sweet spot seems to be around two cups a day. That'll give you all the caffeine you need; after that, you'll just be getting the jitters.

STAY HYDRATED

Start the day with a glass of water, and keep on drinking plenty of liquids throughout the day. We need 6 L a day, which is around 12 pints. But don't panic: all liquids—tea, coffee, juice and water—count, and liquids in fruit and vegetables also add to the total.

GO FOR A WALK

A walk in the daytime helps the body adjust and promotes feelings of alertness. If you're feeling energetic, you could also do some exercise or go for a jog.

Eat "brain foods"

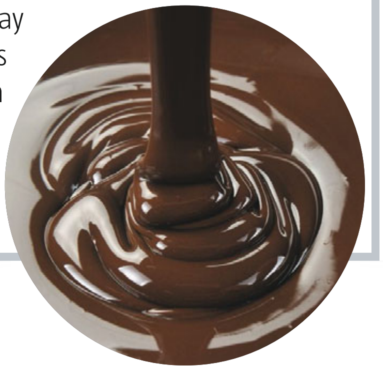
According to researchers from Bed Kingdom—and they should know—adding some of these foods to our meals after a bad night's sleep can help us push through our tiredness.

Avocados Adding a slice or two of avocado to our breakfast gives our body a potassium boost, and that helps stop fatigue. An avocado also contains 14 g of fiber, which helps boost gut health.

Oranges After slicing up an avocado, add an orange to your breakfast. Oranges aren't just rich in vitamin C; they also contain natural sugars that will give the body energy, and quickly.

Sweet potatoes For lunch, add some sweet potato to the meal. They contain plenty of vitamin C, and this helps combat feelings of sleepiness. They're also a healthy carb that can help you through a long day.

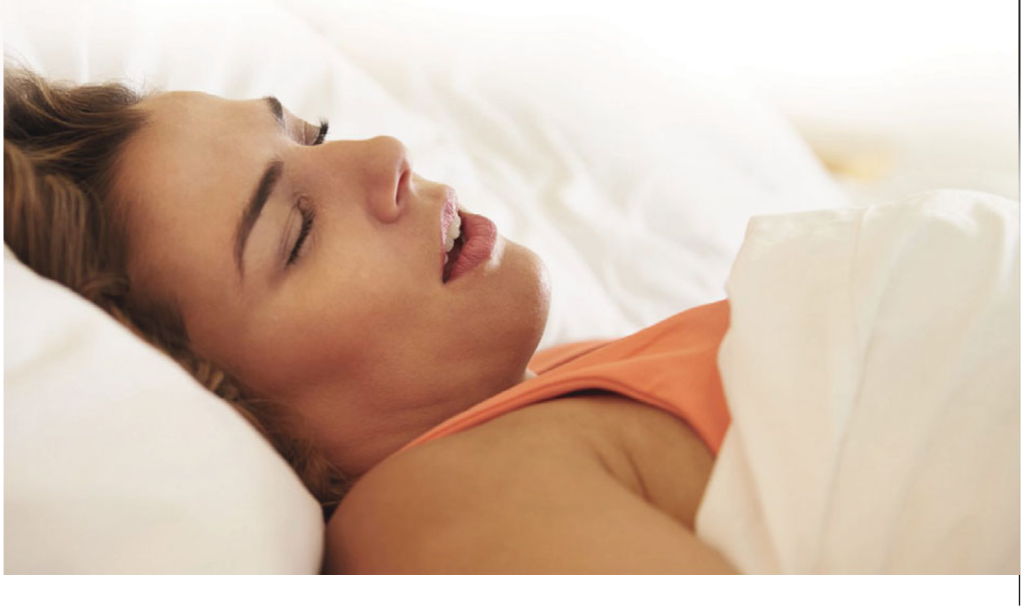
Chia seeds Sprinkle some chia seeds on your lunch. They're rich in magnesium, which also helps fight fatigue. The seeds help the body retain liquid, which keeps it hydrated.

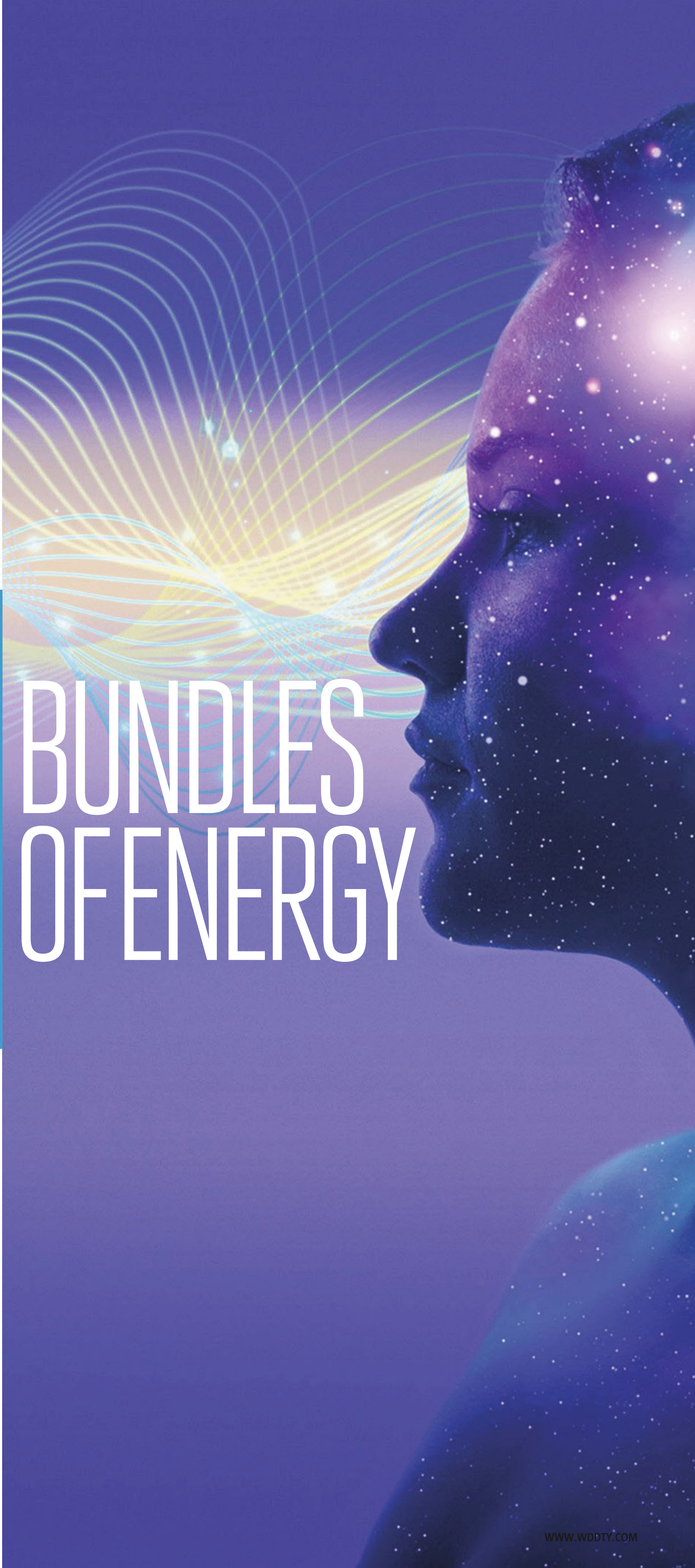


Dark chocolate For that final boost of the day before you head off to bed, eat a few slices of dark chocolate. It contains cacao, which helps boost energy, and antioxidants such as magnesium, which reduce the risk of heart disease.

And so to bed...

Around an hour before heading off to bed, stop using your mobile phone or laptop. Listen to some soothing music instead, and if you are watching TV, don't view something that may overstimulate or upset you. Instead, read a book. Make sure your bedroom is as dark as possible—ideally with blackout curtains—and wear earplugs if noises are stopping you from nodding off.





BUNDLES OF ENERGY

Electromagnetic and other energies are vital to more than technology. They're essential to life—and even healing. Rob Verkerk explores a range of frequency devices and the evidence their manufacturers do or don't disclose to back up their claims

You've heard news of a revolutionary frequency-based device with a list of diseases it can supposedly remedy that would make Pfizer's R&D team leader quiver. You've read dozens of testimonials, and your head's still spinning.

Some were from cancer patients, once classified as terminally ill, who've gone into "spontaneous remission." Others came from people so ill they were permanently bed bound—until their frequency treatment got them walking again.

Your critical mind tells you this could mean one of only two things: the testimonials are from intensely satisfied people who experienced what many might typically classify as a miracle, or they've been fabricated by overzealous marketeers keen to make a buck.

More than this, some devices falling under the amorphous banner of "frequency medicine devices" have actually been found to cause harm. This has been most evident with electromagnetic field–based devices used occupationally by physiotherapy operators on a daily basis and for extended periods of time.

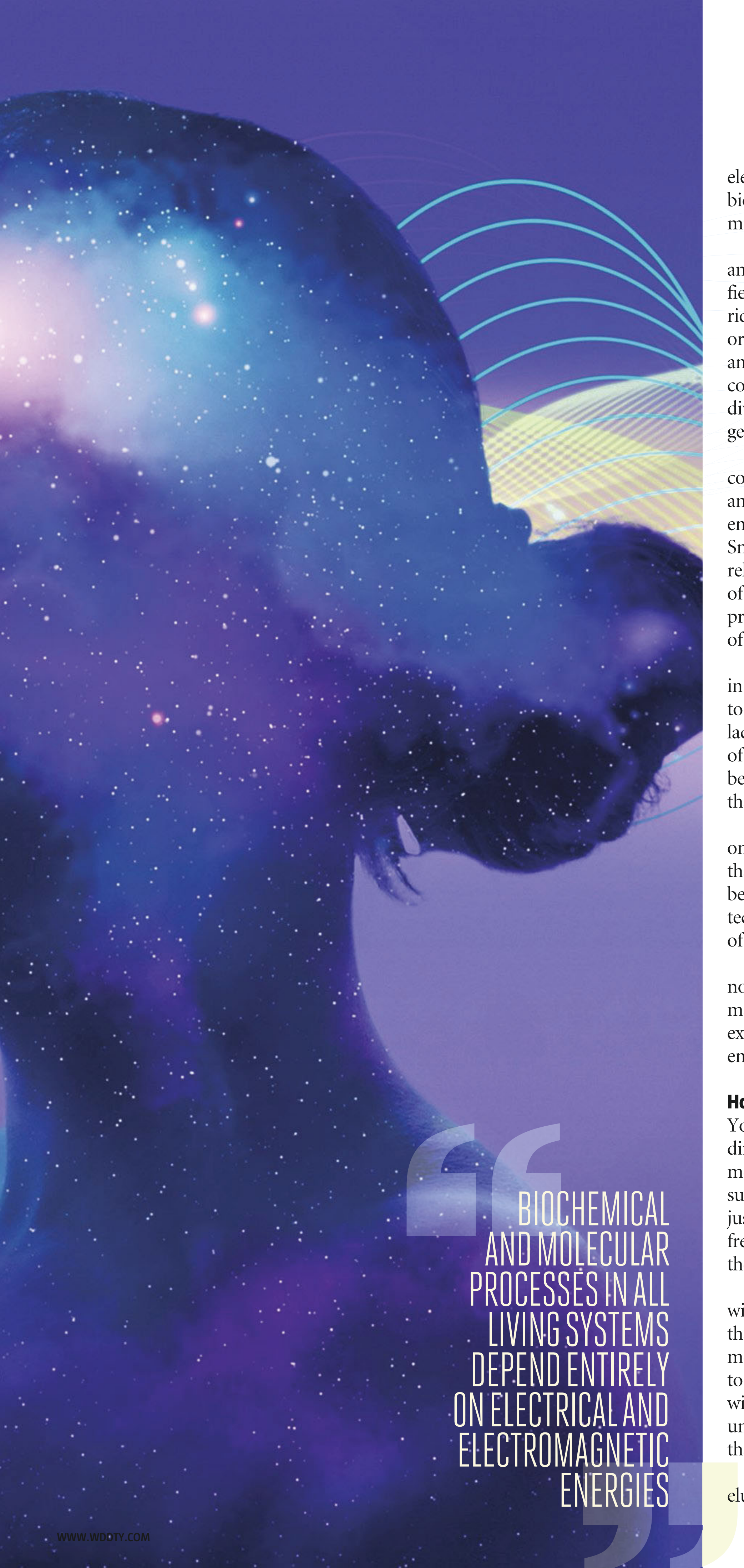
An incredibly diverse range of commercial devices is being used in medicine that rely on frequencies.

This gamut of devices emit electromagnetic energy that are often also able to measure the body's own weak electromagnetic fields. They're gaining more and more use in integrative or alternative medicine and are therefore the ones most likely to be encountered by proponents of natural health and wellness.

Any electromagnetic field involves an interaction between both electrical and magnetic fields—and these fields allow the transfer of energy through electromagnetic waves, which can have profound effects on different processes and structures in the human body, from our skin all the way to our DNA.

Electromagnetic waves have two components: transverse and scalar waves. Transverse waves produce frequencies that can be measured in 3D space and are used in telecommunications and electricity.

Scalar waves, on the other hand, are "longitudinal" and are not limited within 3D space. They are the non-physical, informational element of matter that can be explained by quantum mechanics.



BIOCHEMICAL AND MOLECULAR PROCESSES IN ALL LIVING SYSTEMS DEPEND ENTIRELY ON ELECTRICAL AND ELECTROMAGNETIC ENERGIES

Electromagnetic energy helps create the electromagnetic energy system (often called the biofield) that in turn provides the matrix for the body-mind being of humans.[i]

Thanks in large part to the engineers, biophysicists and quantum biologists who pioneered the emerging field of frequency medicine, most of whom were ridiculed, ostracized or dismissed during their lives or posthumously (see box, page 28), there is now an increasing understanding within the scientific community that plausible explanations of life must diverge from the prevailing biochemical, molecular, genetic and Newtonian-Cartesian concepts.

The findings from this rapidly emerging discipline consistently reveal that the much studied biochemical and molecular processes in all living systems depend entirely on electrical and electromagnetic energies. Small wonder given Einstein's general theory of relativity, which demonstrated the interchangeability of energy and matter. In fact, Einstein himself predicted that "future medicine will be the medicine of frequencies."

What has slowed progress is the paucity of research in the application of biophysics and quantum biology to medicine. The result has been a corresponding lack of any cohesive and generally accepted body of evidence demonstrating the mechanisms, or the benefits, of medical or health-related technologies that work with the energy systems of the body.

Nearly all of mainstream research efforts focusing on the body's nonmolecular energy systems (energy that's not related to the body's biochemical fuel) have been expended on developing specific diagnostic technologies, such as electrocardiographic recordings of the heart's pulse in electrocardiograms (ECGs).

With very few exceptions, in very few countries—notably Germany, Austria, Switzerland and Russia—mainstream treatment of disease almost entirely excludes consideration of the body's electromagnetic energy system (biofield).

How do frequency-based devices work?

You can measure the human biofield in many dimensions, scales and resolutions, not unlike measuring or evaluating any other complex system, such as our planet, a lake or an apple orchard. But just like when buying a camera, a potential buyer of a frequency-based device should have ready access to the technology's detailed specifications and capacities.

It's also worth remembering, even if you're dealing with a highly sensitive, high-resolution system that can measure specific areas of the body, the measurements don't necessarily translate directly to the physiology or pathology we're used to dealing with when we look at the physical body and the underlying physiological and biochemical processes that function within it.

While the precise mechanisms have yet to be elucidated or agreed upon through consensus, this is likely because the non-biochemical, energetic system of the body—the biofield—actually controls the other processes and operates in the realms of quantum biology, not Newtonian biology. Increasingly, it appears that the biofield is the master controller of the biological system, the invisible information matrix that is superimposed both through and over all living beings.

Some devices are restricted to low frequencies (say, below 100 Hz), and some manufacturers claim that's because these are the ones with which the body operates and they don't interfere with the radio frequencies used in communication systems, which are known to be harmful. As the science progresses, such views are increasingly invalid, as different parts of our bodies emanate an incredibly broad range of frequencies, from very low frequencies in the sub-100 Hz range through the kilohertz (kHz), gigahertz (GHz), terahertz (THz) and even picohertz (pHz) ranges and probably beyond.

Even the ultraweak biophoton emissions from DNA, as explored by Fritz-Albert Popp and his colleagues, are in the ultraviolet to visible light range (wavelength 200–800 nm).

So whether the typically ultraweak signals can or can't be detected across the range is down to the sensitivity and specificity of the antennae being used. This is an area that my organization, the international Alliance for Natural Health (ANH), believes should be specified in consumer-facing information. Currently, such declarations are uncommon on many machines used for healing.

How ANH evaluated this equipment

To shine some light on this burgeoning industry, ANH embarked on a detailed evaluation of all the major frequency medicine devices on the market.

When it comes to evaluating this rapidly expanding sector of primarily electrically powered frequency medicine devices, it's not possible to appraise either the safety or the benefits of some devices. There just isn't enough technical data available to know what the devices are actually doing as they interact with the human body.

In the main, the devices we were able to evaluate emit electromagnetic energy and are often also able to measure the body's own weak electromagnetic fields. These are the kinds of devices that are gaining use

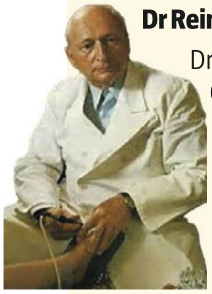
Early discoveries of energy in the body

Albert Abrams (1863–1924)

Dr Albert Abrams, professor of pathology at Cooper Medical College in San Francisco, California, developed machines that helped him discover that different diseases caused tissues to resonate at different frequencies. With his pioneering machines the Reflexophone and the Oscilloblast, Abrams claimed that by reflecting back healthy frequency signals, he could cure a wide range of diseases. He was increasingly discredited by the medical establishment, often on the basis of spurious evidence, but his technology was resurrected in the 1950s, renamed radionics and continues to be used in agriculture and human health.

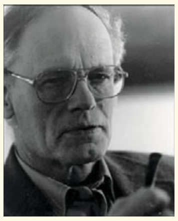
Royal Raymond Rife (1888–1971)

Rife, an American inventor and early exponent of high-magnification microscopy, went on to develop "beam ray" generators that he claimed could selectively weaken or destroy pathogens. After developing an interest in cancer, Rife faced the ire of the American Medical Association, which tried to discredit him and his claims in his lifetime. His ongoing reputation has led to a wide variety of so-called Rife frequency generators, some the subject of health fraud claims initiated against sellers by the FDA and District Courts in the US.



Dr Reinhold Voll (1909–89)

Dr Voll was a German family doctor who developed an interest in traditional Chinese acupuncture and went on to develop electroacupuncture according to Voll (EAV). The method uses the same meridians as traditional Chinese medicine (TCM) along with additional meridians that Voll referred to as "vessels." The EAV method relies on measuring skin resistance (electrodermal activity) using an EAV device that includes a negatively charged electrode held by the patient and a positively charged electrode that the practitioner uses to make contact with the patient's skin. Nosode tests allow measurement of the energetic characteristics of different drugs, food and supplements and are claimed to help determine tolerability by the patient. Treatments with EAV are considered to enhance the effects of conventional needle acupuncture.



Robert O. Becker (1923–2008)

This American orthopedic surgeon and researcher in the field of electrophysiology and electro-medicine became a pioneer in the fields of bioelectricity and bioelectromagnetism. He was one of the first to suggest that electric fields contributed to the healing of wounds and bone fractures. Becker went on to show that regeneration following bone fractures or amputations could be accelerated by applying electrical potentials to the damaged tissues. He also showed that limb regeneration in amputated limbs of frogs and salamanders were controlled by electromagnetic forces (the animals' biofields), all summarized in his book *The Body Electric: Electromagnetism and the Foundation of Life* (William Morrow, 1976, 1998).

Fritz-Albert Popp (1938–2018)

Popp was a German theoretical physicist and pioneering quantum biophysicist and biologist as well as a professor at Marburg University from 1973 to 1980. He discovered that ultraweak light emissions occurred in all living systems and named them biophotons. Over many years he developed his biophoton theory of life, proposing that coherent light emissions functioning in the quantum plane are the primary controllers of biochemical and molecular processes. Popp went on to establish the International Institute of Biophysics in Neuss, Germany, and his research group found that a cell's DNA was the most important source of biophotonic emission. His work is detailed in Lynne McTaggart's book *The Field* (HarperCollins, 2002).

in integrative or alternative medicine and are therefore the most likely to be encountered by proponents of natural health and wellness.

A multitude of other parameters change the biological effects of electromagnetic radiation, and these are specific not only to the radiation source but also to the condition and state of the receiving cells, tissues, organs and organism. But we know that another key parameter is the waveform, which takes into account its pattern, whether it's continuous or pulsed, and even whether it's analog or digital.

While there are a host of different EMF exposure limits set by different organizations in different countries, these are generally based on thermal effects, and accordingly the limits tend to be extremely high and not consistent with what is known about the harmful effects of radio-frequency radiation.

Examples include the limits set by the International Commission on Non-ionizing Radiation Protection (ICNIRP) and those by the Institute of Electrical and Electronics Engineers (IEEE) through its International Committee on Electromagnetic Safety, updated in 2019.[2]

All electrical and electronic devices sold in the European Economic Area (EEA) require a CE mark. This mark affirms that the manufacturer has conformed to relevant European health, safety and environmental protection standards. That typically means conformity to European standards for electromagnetic compatibility, those set in the EU's EMC Directive that applies across the EEA.[3]

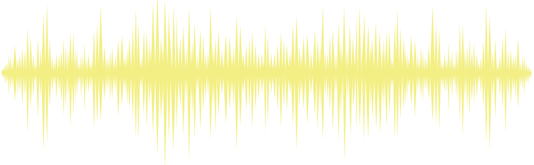
While you will find a CE mark on all but the most potentially ineffective or dangerous devices sold in Europe, it is the manufacturer's responsibility to conform to the relevant standards, and there is some debate as to which ones are relevant. Furthermore, there are no specific standards for frequency-based devices directly relevant to their health application, causing some companies to make do by meeting the lowest standards, those required for general household electric and electronic goods.

Some companies comply with many more standards than others, many don't specify exactly which ones they comply with, and some argue (incorrectly) that CE mark conformity means their device has been proven safe for its intended use. At the moment, the sector operates within a rapidly emerging scientific discipline in which there is still little general consensus, and, within it, actors are often keen to protect their intellectual property.

On some occasions, you even get to encounter shameless and fanciful marketing of devices that are known by their makers to be other than what they claim. Or, just as bad, the marketeers barely know anything about the technical specifications of what they are selling.

From this small sample of devices, there is evidently great variation in the kinds of devices and the technical data available about them. There were clearly a few companies that have a much greater degree of transparency than others, the standouts being Vitatec, Rayonex, Bio-Well and Resonant Light Technologies (PERL+ and ProGen3). By contrast, other companies' standards of data transparency appeared to fall well short of expectations.

> "DESPITE MANY GLOWING TESTIMONIALS, WE COULD FIND LITTLE TECHNICAL DETAIL ABOUT THE UNDERLYING TECHNOLOGY"



We have some concerns about devices that are heavily marketed on the basis of testimonials, with little technical detail. The iTeraCare Wand was one such example in which the manufacturer categorized the device (presumably owing to CE mark certifications) as a "hot air blower," yet details about the claimed terahertz electromagnetic radiation output don't appear to be available in the public domain.

Claims vary among the multilevel network distributors selling the devices, including to those who are seriously ill and claim Covid-19 vaccine injury. Some suggest the waves penetrate 20–30 cm into the body, others 20–30 mm.

We noted that contact details or a website was difficult to find for the iTeraCare Wand's manufacturer Prife, not to be confused with the network marketing company Prife International, which has exclusive distributorship.

Other devices, such as the Energy Enhancement System (EESystem) that supposedly relies on scalar energy typically issued through arrays of computer screens, is being pushed hard by influential individuals, including many integrative doctors in the US.

For instance, with more than 35 years in the field of integrative medicine, American doctor Linda Nadia Hole, MD, wrote a case report admitting to being unabashedly skeptical of the healing possibilities of scalar energy—until she worked with the EESystem.

In one of many case studies, she wrote about a 58-year-old veteran who presented with a 30-year history of debilitating chronic pain in his neck and right leg after multiple car accidents, an 85 percent left ear hearing loss and memory loss after a head injury. He underwent EESystem sessions three or four times per week, each lasting two to three hours. Two sessions were overnight, eight or more hours long.

After his first session, he woke the next morning for the first time in decades, he says, with "no pain." During his second session, he reported that his hearing began returning. By the fourth week, he reported "total" relief of his pain, with a 90 percent improvement in hearing, plus the return of many of his memories that had long been buried.

Despite many such glowing testimonials, we could find little technical detail about the underlying technology in many otherwise promising products.

Clean or dirty signals?

Many things about various devices can't be revealed by reading the manufacturers' specifications and marketing materials, even if the information appears comprehensive.

Take, for instance, the nature of transmitting signals received by the body from an electrode of some form, reading or interpreting them in a readout of some sort on the device, and returning different signals via an algorithm in ways that modulate the body's response to

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- It turns out that all matter has either a right turning or left turning "electrical spin." Left turning is IMPLOSION, increasing energy, right turning Explosion, missing or spreading energy. In human body, cancer cells have a right spin, and healthy cells have a left spin.
- Polluted water, tap water, and even well water all have a right spin. Good, healthy, life promoting waters from pure springs all have left spins. Once the right turning spin of the pollutants is in the water, even when the pollutants are removed, the water retains the memory of the pollutants in its electrical make-up.
- Left spinning water has a tremendous amount of energy in it. That energy is transferred to the person who drinks the water. If water has a right spin, it will drain you of energy. If it has a left spin, it will give energy. I'd say that 99% of the drinking water, regardless of its source, is right spinning water (the unhealthy spin).

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surreyholistic.com ✉ enquiries@surreyholistic.com The Barn, Wiggins Yard, Bridge Street, Godalming, GU7 1HL improve energetic coherence and function. This is, after all, the principal aim of many devices used for healing.

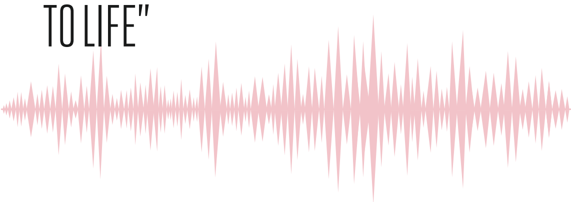
What also happens to signals emitted from digital devices? Do they emit step-like, digital signals that were alien to natural systems prior to the invention of digital communication systems?[5] Have they been converted via a digital-to-analog converter (DAC)? Has the conversion happened without loss of key information?

Not sorting out these ancillary elements is akin to trying to drink an exclusive wine from a used Starbucks cup with the dregs left in it.

One of the results of our own evaluation of this sector is that there's a lot of smart marketing out there, but for some devices, the data we hoped to see just wasn't available.

This is much less the case for devices that have been adopted by the medical mainstream and others that have received Class IIa medical device registration for specific indications, such as the bioresonance devices by Rayonex and BICOM.

> "AN EVER-GROWING NUMBER OF PEOPLE ARE OPENING UP TO THE IDEA THAT ELECTROMAGNETIC ENERGY IS ESSENTIAL TO LIFE"

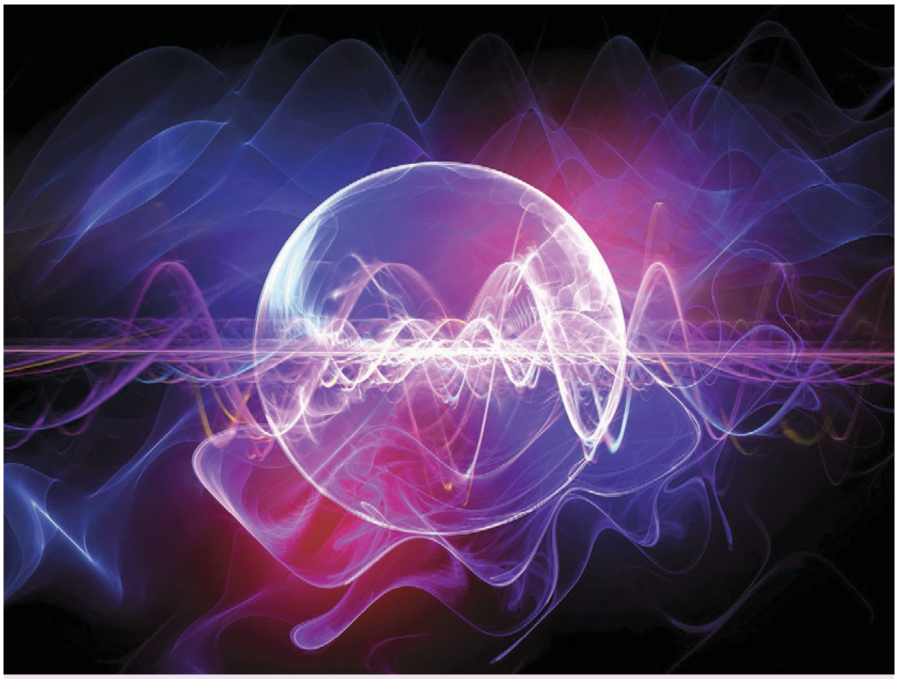


This is because device registration requires proof of both safety and clinical effectiveness via clinical trials. This, however, does not mean that devices for which there is more data are necessarily better, more effective or even safer than devices for which less data is available.

As Dr Markov alludes to in his 2015 paper, it is not possible to meaningfully assess technology for which manufacturers have not designated crucial data, say, on factors such as frequency and amplitude ranges, field gradient and duration of exposures.

One thing is for sure: the sector is growing. An ever-growing number of people are opening up to the idea that electromagnetic energy, frequencies and resonances are essential to life.

More interest results in more experiences, which means more devices sold, leading in turn to more research. As such, each year the evidence base, particularly from all-important clinical practice, is expanding.



What are frequencies?

Frequencies are vibrations or oscillations of energy. Energy can be transferred in a variety of ways, principally in electrical, electrochemical or electromagnetic forms.

Electricity—or electromagnetic energy flow involving negatively charged electrons—can also induce chemical changes. The scientific study of the interconversion of chemical and electrical energy is called electrochemistry, and our bodies rely on electrochemical gradients for every nerve impulse.

These nerve impulses vary in speed from less than 1 meter per second (m/s) for a pain signal to over 100 m/s when we activate muscle fibers. This is much slower than the flow of electricity in a copper wire in a typical home (around 200 million m/s, or about 90 percent of the speed of light).[1]

Electromagnetism is a type of energetic force that acts between charged particles and consists of a combination of both electrical and magnetic forces. Any electromagnetic field involves an interaction between both electrical and magnetic fields, and these fields allow the transfer of energy through electromagnetic waves. That energy can have profound effects on different processes and structures in the human body, from our skin to our DNA.

Electromagnetism, just like electricity, is fundamental to all living systems. Increasingly, emerging science and the most viable theories that attempt to explain the origin of life suggest that electromagnetism isn't just a byproduct of the function of living systems but the form of energy that makes life happen by causing the composite molecules, atoms and subatomic particles of living systems to move in tandem as a total living being.[2]

Electromagnetic waves are propagated by oscillating electric and magnetic waves at right angles to each other. Electromagnetic energy is always issued in a wave form and doesn't need a medium (like air or water) to propagate, which is why electromagnetic waves can travel through space.

Many will be familiar with some of these waves' properties, such as interference (e.g., of radio or television signals) and diffraction (e.g., when you see the rainbow colors in a crystal or on the surface of a CD).

EM waves can be sent out continuously or intermittently, as a pulse.

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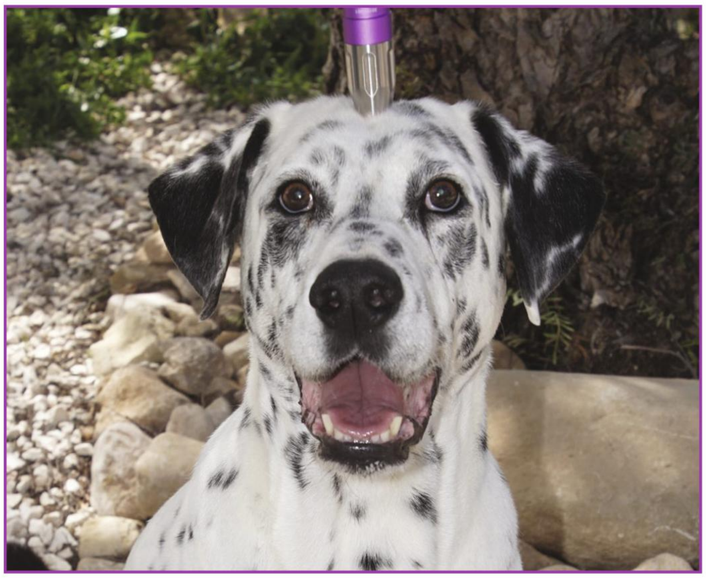
and the list goes on and on...



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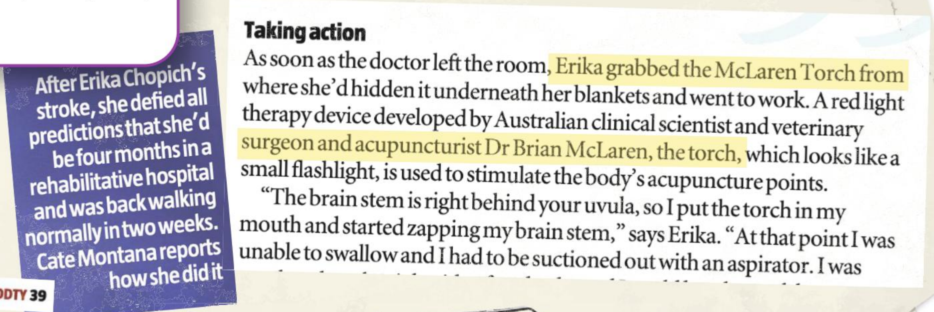

After Erika Chopich's stroke, she defied all predictions that she'd be four months in a rehabilitative hospital and was back walking normally in two weeks. Cate Montana reports how she did it

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Taking action

As soon as the doctor left the room, Erika grabbed the McLaren Torch from where she'd hidden it underneath her blankets and went to work. A red light therapy device developed by Australian clinical scientist and veterinary surgeon and acupuncturist Dr Brian McLaren, the torch, which looks like a small flashlight, is used to stimulate the body's acupuncture points.

"The brain stem is right behind your uvula, so I put the torch in my mouth and started zapping my brain stem," says Erika. "At that point I was unable to swallow and I had to be suctioned out with an aspirator. I was

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As with any new industrial sector, responsible self-regulation is the best way to avoid the kinds of events, however trivial they seem, that regulators will happily use to annihilate new competition. Frequency device manufacturers as a whole must raise their game and release more information into the public domain as part of their responsibilities as a self-regulated industry. If they don't, they will be forced, through the political process that is generally ambivalent about non-pharmaceutical approaches, into becoming regulated over time.

And some of the more typical strong-arm methods of government regulation include knee-capping choice and eliminating the most innovative, smaller players as well as giving preferential treatment to those with the deepest pockets who toe the mainstream line.

> "FREQUENCY DEVICE MANUFACTURERS AS A WHOLE MUST RAISE THEIR GAME AND RELEASE MORE INFORMATION"

Especially at risk are the pulsed electromagnetic field (PEMF) devices, which currently have no medical device registration from a regulatory authority such as the US FDA, the UK's MHRA or their equivalents.

As an alliance of natural health interests, with our primary mission focused on benefiting people and preserving our right to natural health, the Alliance for Natural Health invites scientists, researchers and company representatives within the frequency medicine or wellness technology sector to contact us at science@anhinternational.org if they are interested in co-creating a framework for responsible and sustainable development for this incredible and exciting new frontier of medicine and wellness.

Let's do so before the regulatory bodies do it for us.

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5	Amrutha Varshini, "What Is the Difference between Analog and Digital Signal Processing?," Jan 25, 2021, circuitbread.com

How to assess an energy device

There are five basic properties of any frequency medicine device that you should know about prior to using it:

1 **Is the device able to measure all, or part, of the body's biofield (energy body), and if so, what measurements is it taking from which parts of the body?**

2 **Does it emit or deliver frequencies to the body? If so, what are some of the important parameters of these signals?**

3 **Does it contain any algorithms that change the frequencies it delivers according to what it has measured? In other words, does it use some kind of biofeedback system, and if so, are details about it available?**

4 **What are the quality specifications of the device components that receive and emit electrical, electromagnetic or acoustic signals, and, if relevant, through what components are these signals transmitted (e.g., cables) or converted (e.g., digital to analog converter)?**

5 **Can the company provide instructions for recommended use (including duration of exposure) and evidence that the device is safe and that people have benefited from its use? If so, is this data plausible and is it of adequate quality?**

If the device is emitting electromagnetic radiation to modulate cell or tissue function, it is important that a user or practitioner can readily access information on frequency ranges, magnetic flux densities and the amount and type of radiation delivered to the body.

Given the complexity of some devices, this data will often need to be given in ranges rather than as discrete figures.

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Devices evaluated by ANH

To evaluate these devices, we used the 10 parameters created by Bulgarian scientist Marko Markov, PhD, author of more than 14 books and 474 scientific papers and co-author of *Electromagnetic Fields in Biology and Medicine* (CRC Press/Routledge, 2015). These parameters include type of field, frequency, intensity and pulse shape.[4]

We also elicited information from the companies themselves, and some of their replies suggested there is a lack of knowledge or an insufficient desire for transparency.

One representative told us, "We don't know how to provide the data you need." Another replied, "It's all proprietary information and I signed a non-disclosure agreement, so I can't provide you with technical specifications."

Another couldn't, or wouldn't, provide any technical data, simply replying, "[Our device] emits its own resonating frequencies which create a field."

Of the 23 devices we evaluated based largely on publicly accessible information, together with a prompt for any additional information by email, we were surprised to see how little data fitting Markov's checklist of parameters was available.

However, we were pleased to find clear exceptions. Here's the data we managed to tabulate. Just bear in mind, though, this information was the best we could gather from manufacturers' existing public information and from our requests. In the event of any errors or omissions, we'd be happy to hear from any of the manufacturers listed.

DEVICE BRAND NAME (MANUFACTURER)	DEVICE TYPE	REGISTERED MEDICAL DEVICE (Y/N) AND CLASS	ENERGY SYSTEM MEASUREMENT (DIAGNOSTIC; M) AND/OR TREATMENT (T)	FREQUENCY RECEIVER (Y/N: IF YES, INCL RANGE)	ELECTRICALLY POWERED FREQUENCY EMISSION (Y/N) AND TYPE
ARC Microtech ARC4Health	Transcutaneous Electrical Nerve Stimulation (TENS)	Y, IIa	T	-	Y, microcurrent
BICOM Optima	Pulsed Electromagnetic Field (PEMF) / Bioresonance therapy	Y, IIa	M	-	Y, PEMF
BioEnergetiX WellNES System	PEMF (scenar)	N	M + T	Y, 15–480 Hz	Y, PEMF
Biophilia Tracker	PEMF	N	M + T	-	Y
Bio-Well Gas Discharge Visualization (GDV) camera	Gas Discharge Visualization (GDV)	N	M	Y	N
Bio-Well Bio-Cor EHF	Vibroacoustic (VAT) and electromagnetic/milliwave	N	T	Y, GDV camera	Y, milliwave
Chiren 3.0 – Biophoton Light Therapy	Biophotonic	N	M + T	Y	Y, photon
Energy Enhancement System (EES)	Other/scalar	N	T	-	Yes, scalar
Harmonic Egg Healing	VAT/sound/music	N	T	N	Resonates up to 1,200 Hz
Healy Professional Edition	PEMF/bioresonance	N	M + T	N	Y, pulsed, multiple set programs
Holimed RemiWave Pro	PEMF/bioresonance	N	M + T	Y	Y, ?
iTeraCare Classic Wand by Prife	Thermal/non-thermal terahertz wave	N	T	N	Y, continuous
Iyashi Zero Point Energy Wand	Other/scalar (subtle energy)	N	T	N	N
Jellen Portable High Frequency Violet Ray Machine	Plasma	N	T	N	Y
MORA Nova	PEMF/bioresonance	N	M + T	Y, 0.1 Hz – 1 MHz	Y, ?
Oberon Biofeedback Gold	Plasma-based Rife	N	M + T	Y, 5–30 MHz	Y
PERL M+ and ProGen3 by Resonant Light Technology	Plasma-based Rife with ~2,000 frequency sets	N	M + T		Y, continuous or pulsed
Qest 4	Electromagnetic	N	M + T	-	Y
Rayonex Biomedical Rayocomp PS10 Rayocomp PS 1000 Polar 4.0	PEMF	Y, IIa	M + T	Up to 3 GHz	
Sensate	VAT wave therapy	N	T	N	Y, acoustic/ vibratory
Spooky2 Rife	Plasma-based Rife, scalar	N	M + T T	-	Y, PEMF
Vitatec Vitalfield Technology – Mito	PEMF	N	M + T	Y, < 1 Hz to > 10 GHz (into visible light spectrum)	Y, variable, 1 Hz – 120 GHz
Vitatec Vitalfield Technology – Global Diagnostics	PEMF	N	M + T	Y	1 Hz – 120 GHz

MARKOV PARAMETERS (FOR EMISSION DEVICES ONLY)	EVIDENCE OF EFFECTIVENESS	WEBSITE
Output current 0–400 μA	arcmicrotech.com/arc4health/science-of-microcurrent	arcmicrotech.com
1 Hz–250 kHz	bicom-bioresonance.com/clinical-study	bicom-bioresonance.com
None found/offered	neshealth.com/2022-university-research neshealth.com/en/nes-science-papers **Patient testimonials:** neshealth.com/portal-page-client-offer **Practitioner testimonials:** neshealth.com/en	neshealth.com/en
None found/offered	-	biophiliatracker.com/Biophilia-Tracker-X4-MAX
Not relevant (as non-emitting)	-	**GDV camera:** gdvcamera.com/gdvcamera-bio-well
Extremely high frequency (EHF) in the millimeter gigahertz range with a very low intensity; wavelengths specified in two regimes: 1.8+4.0+7.7+8.2+9.2 and 4.9+5.5+7.8+9.5 mm; duration of exposure specified	-	**Bio-Cor:** bio-well.com
Photons, 200–800 nm wavelength	biontology.com/research **Testimonials:** biontology.com/home/testimonials	biontology.com/biophoton-instruments/chiren-2
None found/offered	eesystem.com/research **Testimonials:** eesystem.com/ee-experiences	eesystem.com
Frequency range and exposure duration given (most other parameters not relevant to acoustic devices)	**Testimonials:** harmonicegg.com/about-harmonic-egg-bio-healing/testimonials	harmonicegg.com
Stimulation output can vary between 10 V and +10 V, 0–1 MHz, 0–4 mA	-	eu.healy.shop
0–1,000,000 Hz (1 MHz)	holimed.comeav-and-bioresonance-terminology-bioresonance-modes-a-and-ai	holimed.com/the-bioresonance-devices-of-holimed
None found/offered	**Testimonials:** terahertz-device.com/iteracare-testimonials-reviews	prifeintl.com terahertz-device.com
"Providing over 18000+ energetic frequencies" (frequency range unspecified)	**Testimonials:** iyashisource.com/iyashi-zero-point-energy-wand-c-53_3	iyashisource.com/iyashi-zero-point-energy-wand-c-53_3
Up to 200,000 Hz	-	jellenproducts.com/jellen-portable-high-frequency-machine-spa-grade/
0.1 Hz – 1 MHz (Aid 0.1–1.000.000)	-	med-tronik.de/en moramedtech.co.uk/the-mora-nova-equipment
Low-frequency 240 Hz. High-frequency 1.5–4.5 GHz	-	oberondiagnostic.com/oberon/the-product
Frequency generator with multiple programs that can generate sine, square or triangular waveforms from 1 Hz to 4,000,000 Hz with accessories; 1–300,000 Hz with PERL M+, which emits up to 300,000 Hz with 0.001 Hz accuracy, 27.120 Mhz with 1–1,000,000 Hz effective modulation; 11.05 m wavelength; amplitude 100 W peak to peak, modulated at targeted frequency; at a distance of 3 m, energy output was 95.8 dBuV, which translates to 1.008e-5 W/m^2, 1.008e-6 mW/cm^2, 2.065e-10 Tesla, 2.065e-6 Gauss at 3 m	resonantlight.com/frequency-101	resonantlight.com
None found/offered	-	qest4.co.uk
Continuous sinusoidal wave form; frequency ≤ 3 GHz; wavelength can be calculated based on speed of light and frequency (specific number not available); depth of penetration, no specific parameter available, but clinical prospective, double-blind randomized and placebo-controlled study showed bioresonance can reach internal organs; localization, detectors made from a special cotton fabric with very fine stainless-steel wires; different sizes of detectors to allow placement on patient or patient can lie on it (in form of a fitted sheet); exposure typically 60 min	bioresonance.com/clinical-study bioresonance.com/#studies	bioresonance.com
20–140 Hz acoustic (other parameters not relevant)	buy.getsensate.com/researchstudy **Testimonials:** getsensate.com/products/sensate2	getsensate.com/products/sensate2
Up to 3.5 MHz	spooky2.com/rife-machine **Testimonials:** spooky2.com/rife-machine-success-stories-testimonials	spooky2.com/rife-machine
Frequency < 1 Hz to 120 GHz, pulsed, variable; waveform variable (including triangle); wavelength 415 nm – 15 μm; intensity/induction 1.5 mT; gradient (dB/dt) 1.5 T/s; electric and electromagnetic components; depth of penetration from few mm to whole body; exposure 15–60 min	**Testimonials:** medtec.at/en/referenzen	vitatec.com/en medtec.at/en
Electric (capacitive coupling) field; very variable emission pattern; frequency 0.1 Hz – 1 GHz; energetic value < 400 mV; depth of penetration whole body; exposure 15–50 min	**Testimonials:** medtec.at/en/referenzen	vitatec.com/en medtec.at/en

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Running on empty

Dr Jenny Goodman solves the mystery of a patient's serious thyroid illness and breast and ovarian cysts

Olivia, age 36, dragged herself slowly into the consulting room. "I'm running on empty," she said. She slumped in her chair and described how hard it was to get out of bed in the mornings and get through the ordinary tasks of daily life, much less to motivate herself to do anything beyond them.

Olivia said she'd had to give up an interesting academic job that she loved. "My brain had turned to mush," she said. "I can't catch my own thoughts." She had very little appetite and yet had put on a lot of weight, which she couldn't shift, partly because she was too exhausted to exercise. She was cold, constipated and puffy—all the classic signs of low thyroid hormone.

In the preceding eight years, she'd had two cysts removed from a breast, a cyst removed from an ovary, and half her thyroid gland removed due to goiter. Goiter is a swelling of the thyroid gland due to deficiency of iodine.

A hundred years ago, this would have been instantly recognized by any doctor. It was called "Derbyshire neck" in the UK because Derbyshire is an inland region very far from the sea, and foods containing iodine grow only in or near the sea. In the days when our food was all exclusively locally grown, people in Derbyshire (and Switzerland, for the same reason) were prone to iodine deficiency and to the resultant swelling of the thyroid.

Olivia had had half her thyroid gland surgically removed without anybody inquiring about her diet or measuring her iodine levels. When I examined the remaining half, I found it was hard and swollen, and she admitted swallowing was painful.

I tested her urine iodine levels there and then, but I didn't wait for the result; I started her on Lugol's iodine 15 percent drops immediately, just two drops a day (Lugol's is a formulation of potassium iodide with iodine in water).

When I saw her again six weeks later, the gland was somewhat smaller and softer, and swallowing was no longer painful. As a bonus, she told me she was beginning to be able to think clearly for the first time in years.

In the meantime, her urine test result came back showing an iodine level of essentially zero. I had guessed as much,

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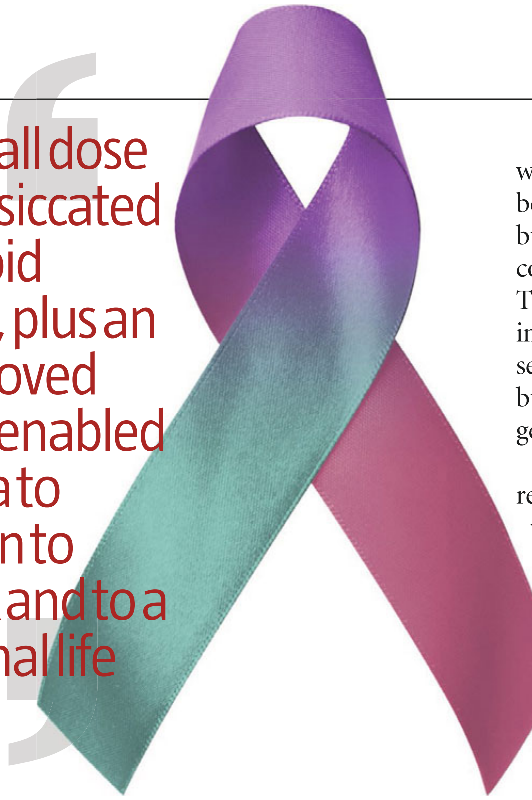


but I limited myself to giving her only two drops initially even though she would need more; you have to proceed slowly in such cases.

Olivia's other vitamin and mineral and essential fatty acid tests all showed deficiencies, but none so dramatic as the absent iodine. I supplemented them all, especially the B vitamins, selenium and zinc, which the thyroid gland needs to utilize iodine properly and to produce thyroid hormone.

I explained to Olivia as gently as I could that her breast cysts and ovarian cyst had also probably been the result of long-standing iodine deficiency. The breast and ovary, as well as the thyroid and most other organs, need iodine. If they can't find any in the bloodstream, they expand as though in an effort to reach out and find some iodine.

I have shrunk breast cysts simply by normalizing the patient's iodine levels; it only takes a few weeks. But iodine is a naturally occurring substance. It cannot be patented, so there is no potential profit in it for the pharmaceutical industry, which dominates mainstream medicine.

That's why you may not have heard of using iodine (cheap, safe and simple) as a treatment for such conditions—and, as it happens, for any infected wound (it kills germs on contact). It is a vital and much-neglected nutrient.

But how had Olivia become so desperately deficient in iodine? It turned out there were three reasons. First was her diet: she never ate fish, or any seafood, or any form of seaweed, all the main food sources of iodine. Most of us are deficient, although not so drastically as Olivia. Her diet was also high in B-vitamin-destroying, mineral-depleting refined carbohydrates because she was too tired to cook and her fatigue made her reach for the instant energy of sugar and refined carbs.

Second, she had been a keen swimmer before her illness and swam regularly in a highly chlorinated pool. Chlorine, a toxic halogen, pushes out iodine, particularly atomic iodine, the form needed by breast tissue (and prostate and stomach).

The thyroid, salivary glands and skin, by contrast, need the ionic form, iodide. (Swimming is wonderful exercise; just take an iodine tablet before you get in if the water is chlorinated. The iodine pushes the chlorine right back out). Olivia also didn't have a water filter, so she was drinking chlorinated tap water.

Third, Olivia had been given fluoride tablets as a child by her parents, who believed it was good for her teeth. Fluoride is a toxic halide that pushes iodide out of the body, directly affecting the thyroid gland. It also damages the bones, brain, kidneys and ovaries. This waste product of the phosphate fertilizer industry has been foisted on us for thinly disguised commercial reasons, with the collusion of government. Teeth just need brushing and the avoidance of sugar.

> "A small dose of desiccated thyroid daily, plus an improved diet, enabled Olivia to return to work and to a normal life"

Olivia continued taking the iodine and other supplements, and as her energy levels rose, she gradually became able to cook and therefore to eat a more healthy and varied diet, reducing refined carbs.

She recovered to the point where she was thinking about returning to work, but she still wasn't quite well enough. I then tested her thyroid hormone levels thoroughly—T4, T3 and TSH.

Mostly, the NHS just tests TSH (thyroid-stimulating hormone) and only diagnoses hypothyroidism if it is above 4.0, whereas I and most of my colleagues in ecological medicine think there is cause for concern if it is above 2.0.

Britain's National Health Service doctors (and most other doctors) rarely test T4 unless you make a fuss, and almost never T3, which is the metabolically active form of thyroxine, the thyroid hormone. It is the "business" molecule that kick-starts your entire metabolism.

Olivia's tests showed that TSH and T4 were fine, although they wouldn't have been before the iodine supplementation, but her T3 was very low. Genetic tests confirmed she was unable to convert T4 to T3; this would have been slightly improved by my having given her selenium, needed for the conversion, but that couldn't totally overcome the genetic glitch.

Conventional thyroid hormone replacement, the drug levothyroxine, would not have helped her (as it has failed to help so many people whom I see) because it contains only synthetic T4, which isn't much use for people who can't convert T4 to T3. However, natural desiccated thyroid, which contains T3 as well as T4, helps such people immensely.

A small dose of this daily, as well as her improved diet and her supplements (including a lower dose of iodine for maintenance) enabled Olivia to return to work and to a normal life after so many years of misery. The constipation, coldness, facial puffiness, excess weight, brain fog and fatigue all went away within a year.

However, what didn't go away was the lasting trauma from years of neglect and misdiagnosis (or rather, no diagnosis), the needless surgery and the wasted opportunity; simple iodine supplementation many years earlier could have prevented all that. This is what breaks my heart about people like Olivia, who lost years of her youth because of conventional doctors operating on autopilot.

To learn more, see two brilliant books by Dr David Brownstein: *Iodine: Why You Need It, Why You Can't Live Without It* and *Overcoming Thyroid Disorders* (Medical Alternatives Press, 2008 and 2009).

Dr Jenny Goodman has specialized in Nutritional and Environmental Medicine for the last 20 years. An experienced speaker and author of *Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health* (Yellow Kite, 2020), she has a particular interest in pre-conception care and work with children.

18+

WHAT IS
AVAXHOME?

Dr Arielle Schwartz (drarielleschwartz.com), a clinical psychologist specializing in trauma recovery in Boulder, Colorado, has lots of stories to tell about trauma and the health effects of vagal nerve stimulation.

For example, one patient who had to identify her father's body after he died by suicide developed gastroparesis afterward—a debilitating condition marked by nausea, vomiting and abdominal pain. Eventually the condition got so bad, she couldn't leave her house.

"When she first came in, she couldn't drive her own car," says Schwartz. "During the session she was feeling so anxious and nauseous, we didn't even talk about any of the trauma. We couldn't.

The vagus nerve, the longest nerve in the body, controls our fight-or-flight response and gets knocked out of kilter after trauma. Cate Montana investigates how to restore your calm

"Instead, I taught her diaphragmatic breathing (which stimulates the vagus nerve), and we did that together. Within that single session, she was able to cut the level of anxiety and that physiological trouble down by half. That's huge."

Schwartz helped the patient examine specific trauma during later sessions, adding in somatic (body) work and EMDR therapy. EMDR stands for "eye movement desensitization and reprocessing," a form of energy medicine designed to reduce trauma-based stress by remembering the trauma while focusing the eyes on a certain point.

"But we only brought those therapies in when she was ready," Schwartz says. "We had to get her nervous system stabilized first so that she was sleeping at night and better digesting her food, because trauma disrupts all of that."

Schwartz taught the woman at-home techniques (see page 40) for vagus nerve stimulation, which she could use between sessions when she felt her physical symptoms and anxiety worsening. Within three months, she was out of the house and back driving, able to lead a relatively normal life.

What is the vagus nerve?

Stimulating the vagus nerve is a powerful and immediate way of dealing with PTSD symptoms, anxiety and stress because this nerve is the primary conductor of communications between the brain and the body, carrying both motor and sensory information. *Vagus* is Latin for "the wanderer."

The longest cranial nerve in the body, it originates in the brain stem, running down through the neck, chest and abdomen, all the way to the colon. A major driver of the autonomic (involuntary) nervous system, it controls a wide variety of body functions such as heart rate, blood pressure, digestion, respiration, sweating, salivation, the cough and gag reflexes, swallowing and vocal coordination.

There are actually two nerves, one running down the right side of the body and the other down the left side, normally referred to collectively as "the vagus nerve." An over-stimulated or under-functioning vagus nerve results in a set of medical conditions broadly known as dysautonomia, the malfunction of nerves, including the vagus nerve, that regulate involuntary functions.

Believed to affect over 70 million people worldwide, dysautonomia is regularly misdiagnosed and may take years to be identified (see Joy's testimonial, page 45).

Polyvagal theory

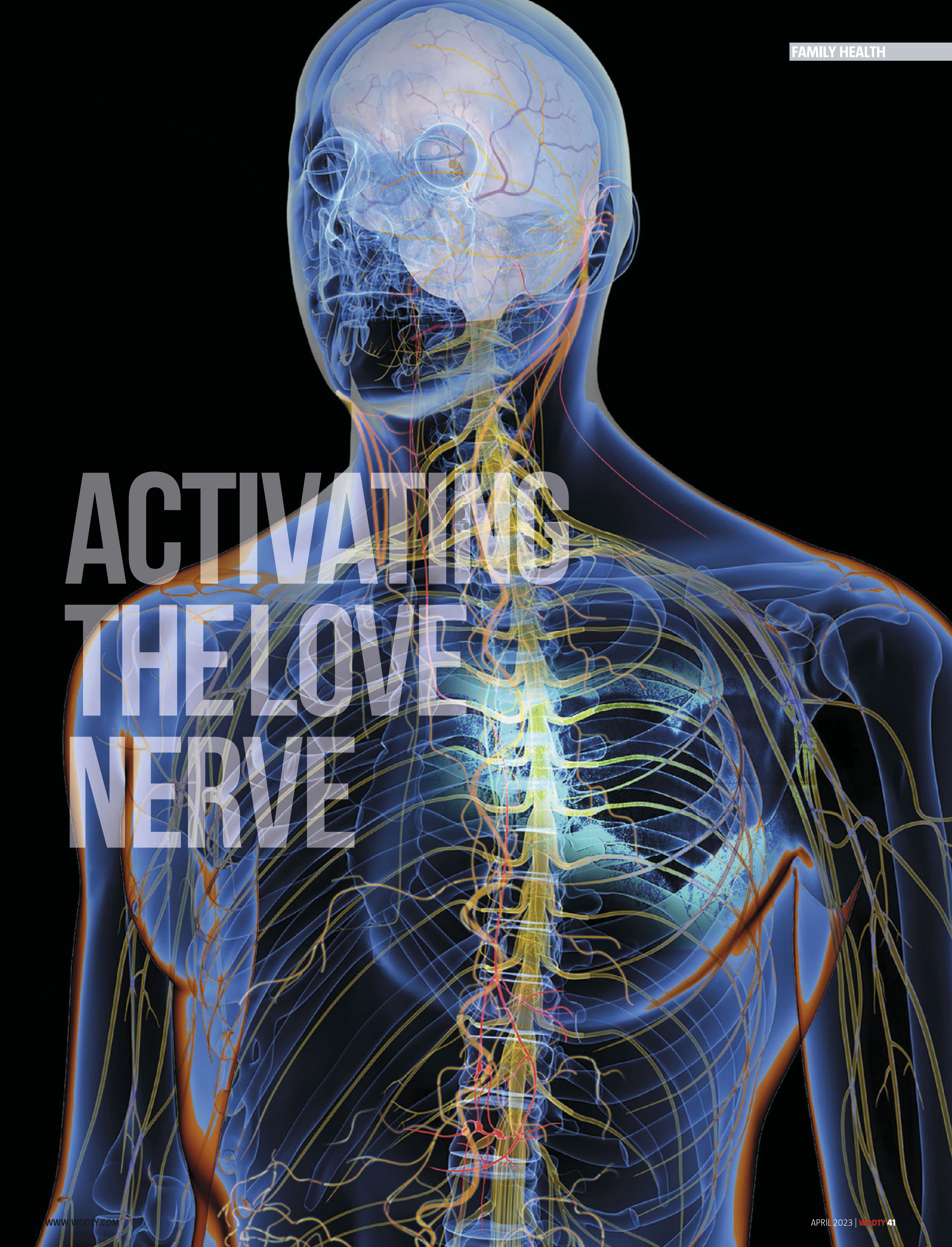
One therapeutic system Schwartz uses is polyvagal therapy, developed by Dr Stephen Porges, professor of psychiatry at the University of North Carolina and founding director of the Traumatic Stress Research Consortium at Indiana University (polyvagalinstitute.org). The creator of several trauma intervention protocols, he coined the term *neuroception* to describe the autonomic nervous system's constant, acutely sensitive "scanning" for danger—a sensing capacity vastly more subtle than sense perception that completely bypasses normal awareness.

Porges identified three pathways of neuroceptive response:

1. The dorsal vagal pathway of the parasympathetic branch of the nervous system, the most primitive level with its "freeze" or immobilization response
2. The sympathetic branch of the nervous system, which developed next, giving us the capacity for action (fight or flight)
3. The ventral vagal pathway of the parasympathetic branch, the most recent evolutionary development, enabling connection and safe social engagement

Deb Dana, a polyvagal practitioner and associate of Porges, describes the way these three pathways interact like this: "When we are firmly grounded in our ventral vagal pathway, we feel safe and connected, calm and social. A sense (neuroception) of danger can trigger *(continued on page 41)*

ACTIVATING THE LOVE NERVE



Natural vagus nerve treatments

Studies show that vagus nerve stimulation mitigates a large number of serious conditions that negatively affect our health and wellbeing. Here is a listing of current treatment approaches.

Conscious breathing One of the most direct ways we can stimulate the vagus nerve is with the breath, and studies show that a low respiration rate and a low inhalation/exhalation ratio increases vagal tone.[1]

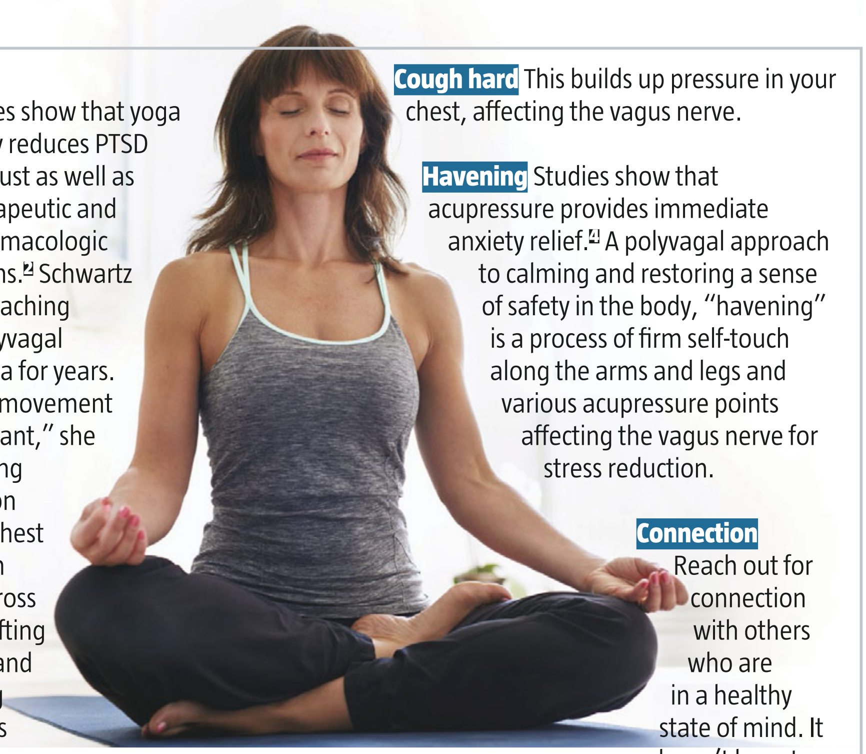
"When we're stressed and in the 'fight or flight' mode, we're doing shallow upper chest breathing or even unconsciously holding our breath," says Dr Arielle Schwartz, "and that sends the message up to the brainstem that we're not feeling safe right now and our brain is responding to that under the radar of conscious awareness."

When not under stress, most people take seven to 13 breaths per minute. If you do a simple five-count inhale and a five-count exhale, you can drop your respiration down to six breaths a minute.

"When we do that, we're slowing everything down and we're changing the relationship between oxygen and carbon dioxide in the bloodstream," Schwartz says. "That begins to stimulate chemoreceptors to pick up on that change and send a message via the vagus nerve back up to the brain and that says, 'Hey, we're calming down, there's no threat right now.' And your whole system relaxes and slows down."

Cold water treatment Another classic vagus nerve stimulation technique is cold water exposure, says Schwartz. It can be a cold washcloth or some ice cubes wrapped in a plastic bag with a washcloth around it. If you're up for it, you can jump in an ice-cold bath or shower.

The acute body awareness that the sharp temperature shift creates and the cold itself interact with the vagus nerve, sending a signal back to your brain that you're present and aware and things are under control.



Yoga Studies show that yoga significantly reduces PTSD symptoms just as well as psychotherapeutic and psychopharmacologic interventions.[2] Schwartz has been teaching applied polyvagal trauma yoga for years.

"Mindful movement is so important," she says. "Feeling a contraction across the chest and then an opening across the chest, lifting your heart and then curling your back as in a cat/cow movement in yoga, stimulating where the vagus nerve is passing through the chest and across the diaphragm as you contract there and open in the belly and in the throat works so well. You can do that kind of vagus-stimulating movement seated in a chair."

Humming and various vocalizations The vagus nerve is near the vocal cords and inner ear, so the vibrations you create when you hum can influence your nervous system states. Hum, create whatever sound you feel called to produce, buzz like a bee. Notice the sensations in your chest, throat and head. Notice how your body and nervous system calm down.

Valsalva maneuver Studies show that this move mitigates stress-related heart arrythmias.[3] To do the maneuver, close your mouth, hold your nose and blow the air out as if you are trying to pop your ears while coming down from altitude.

"This creates a little bit of pressure where the vagus nerve passes through the areas around the heart and lungs, and you will feel that in the chest," says Schwartz. "When you let go of that held breath, the whole body responds, feeling immediately refreshed like you just woke up from a nap!"

Cough hard This builds up pressure in your chest, affecting the vagus nerve.

Havening Studies show that acupressure provides immediate anxiety relief.[4] A polyvagal approach to calming and restoring a sense of safety in the body, "havening" is a process of firm self-touch along the arms and legs and various acupressure points affecting the vagus nerve for stress reduction.

Connection Reach out for connection with others who are in a healthy state of mind. It doesn't have to be physical. Just picking up the phone or texting someone you trust can help initiate regulation of your body and mind. Relationship evokes playfulness and creativity, and it relaxes us into a trusting bond with another person.

Probiotics "Preliminary evidence" shows that gut bacteria can positively influence mood and anxiety due to their effects on vagus nerve activity. It is believed that the vagus nerve serves as a signaling/communication pathway between gut bacteria and the brain.[5]

REFERENCES

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2 J Clin Psychiatry, 2014; 75(6): e559–65
3 S. Srivastav, R.T. Jamil, and R. Zeltser, *Valsalva Maneuver* (StatPearls, 2022)
4 Acupunct Med, 2015; 33(5): 353–9
5 Front Psychiatry, 2018; 9: 44

us out of this state and backwards on the evolutionary timeline into the sympathetic branch. Here we are mobilized to respond and take action.

"Taking action can help us return to the safe and social state. It is when we feel as though we are trapped and can't escape the danger that the dorsal vagal pathway pulls us all the way back to our evolutionary ancient vertebrate beginnings. In this state, we are immobilized. We shut down to survive. From here it is a long way back to feeling safe and social and is a painful path to follow."

Symptoms of poor vagus nerve tone

Because the vagus nerve is involved in so many bodily functions—heart rate, digestion, respiration, vascular tone, vocalization and so on—symptoms of deteriorating vagal nerve tone are many and varied. Here are early indicators.

Anxiety and depression Poor vagus nerve tone is associated with impaired monoamine neurotransmission in the brain (monoamine neurotransmitters are neurotransmitters and neuromodulators like serotonin, dopamine and norepinephrine); the dysregulation of activity between the hypothalamus, the pituitary gland and the adrenals; reduced neuronal plasticity; and chronic inflammation in the brain.

All of these conditions are depression triggers.[1] Because the vagus nerve is responsible for regulating the sympathetic nervous system and the body's response to stress, poor vagal tone can also cause chronic anxiety.[2]

Headaches, migraines and seizures Fibers from the vagus nerve intertwine with those of the trigeminal, facial, glossopharyngeal and hypoglossal nerves and are believed to control the brain's headache pain pathways. When the vagus nerve is out of whack, headaches, cluster headaches, migraines and seizures can occur.[3]

Bradycardia, tachycardia, arrhythmia Poor vagal tone can negatively affect heart rate variability because the vagus nerves are less capable of carrying signals from the brain that regulate your heart rate. This can result in a slow heartbeat (bradycardia), a rapid heartbeat (tachycardia) or an irregular heartbeat.

Dizziness and/or fainting Poor vagal tone negatively affecting the cardiovascular system can lead to episodes of extreme low blood pressure, resulting in dizziness and even fainting.

Difficulty swallowing The tongue and automatic esophageal contractions may become compromised.

Chronic dry mouth and throat accompanied by dry cough. Since the vagus nerves are involved in regulating the salivary glands, poor tone may result in dry mouth and cough.

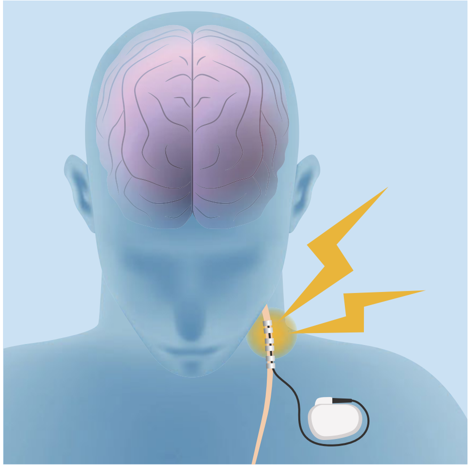
Vocal changes There can be hoarseness, difficulty coordinating the tongue during speech and a sense that something is wrong with the throat.

Gut issues Constipation, stomach cramping, indigestion (including acid reflux), irritable bowel syndrome (IBS) and leaky gut can indicate poor vagal tone.

Vagus nerve stimulation devices

Introduced in the 1990s as a treatment for epilepsy, electrical vagus nerve stimulation (VNS) is used to amplify weak vagus nerve activity and modulate the nerve's connection with the brain. There are two types of VNS devices: internal and external.

Implanted VNS devices Often referred to as "pacemakers for the brain," implanted vagus nerve stimulation devices are battery-operated devices that send extremely mild pulses of electrical energy to the brain stem through the vagus nerve in the neck. (The pulses are below the threshold of conscious sensation.)



"tVNS devices are primarily promoted as increasing 'general wellness' while relieving stress, boosting the immune system, improving digestion and calming nerves"

Upon reaching the brain stem, the electrical charges are diffused throughout different areas of the brain. Currently in the US, the use of implanted VNS devices is limited to patients suffering from treatment-resistant epilepsy or treatment-resistant depression and as a rehabilitation aid post-stroke.[1]

During surgery, device leads are implanted beneath the skin of the neck and hooked up to the vagus nerve and the generating device, which is implanted beneath the collarbone. Electrical pulses start at a low setting determined by the doctor and are gradually increased as needed.

Most patients experience an improvement in their symptoms after six months, and improvement continues, on average, for two years. If needed, the VNS device can be surgically removed.

External tVNS devices A small, transcutaneous (through the skin) device that is wearable can also stimulate the vagus nerve. The generator is pasted to the body inside your clothing, with leads running up the left and right side of the neck, clipping to the tragus of the ear (the small, pointed protuberance in front of the concha on the outside of the ear next to the temple).

Similar to an implanted device, it sends regular mild pulses of electricity into the vagus nerve that are imperceptible. Unlike the implants, external devices can be used for as little as 15 minutes of stimulation per day or up to several hours, as needed. Most people feel some sense of symptom relief after two weeks.

tVNS devices are primarily promoted as increasing "general wellness" while providing stress relief, a strengthened immune system, improved digestion and a balanced parasympathetic nervous system.

However, a recent study conducted with six patients suffering from rheumatoid arthritis found that tVNS use inhibited production of TNF (tumor necrosis factor, a substance produced by cells) and two other inflammatory cytokines (small proteins) in healthy subjects, reducing systemic inflammatory responses in patients with rheumatoid arthritis.[2]

NOTE: tVNS devices should not be used to treat depression, epilepsy or any other medical condition.

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Brain function Brain fog, poor memory, poor concentration, learning disabilities, chronic fatigue and headaches can all indicate poor vagus nerve function.

Inflammatory conditions Chronic inflammation, rheumatoid arthritis and compromised immune function are symptoms.

Setting the tone

Long known as a powerful treatment for epilepsy, vagus nerve stimulation (VNS) is the subject of numerous clinical trials exploring its potential use for treating a wide variety of other health disorders, such as PTSD, treatment-resistant depression,[4] anxiety, migraines,[5] arthritis,[6] cardiovascular issues,[7] inflammatory bowel disease,[8] Parkinson's, autism, traumatic brain injury and stroke.[9] VNS is also being studied for use in mitigating inflammation-based diseases, asthma attacks, chronic pain[10] and even Covid-19.[11]

"Because the autonomic nervous system typically functions automatically without our sensing it or having any volitional control, when our system is dysregulated, it can feel like these things—all these resulting illnesses—just happen to us," says Schwartz. "Rather than being in mindful connection with our bodies, seeing ourselves as the conductor of the body and feeling in concert with the body, most people end up feeling like they're fighting with it.

> "Using methods to influence vagal tone . . . allows us to be in concert with our bodies. We can start to rebuild the mind-body relationship"

"Using methods to influence vagal tone by consciously interacting with the vagus nerve allows us to be in concert with our bodies. We can start to rebuild the mind-body relationship, which means rebuilding a sense of trust with ourselves and within ourselves. At this epic point in the world, we all need this kind of knowledge so badly."

Continue to page 47 to read about how Dr Schwartz helped Joy Stearns improve her vagal tone to regulate her nervous system and work through trauma.

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How to tell which state you're in

Deb Dana (rhythmofregulation.com) describes the kind of thoughts, actions and health conditions that characterize each state of autonomic nervous system activation.

Ventral vagal pathway activated	I feel a sense of connection and safe interaction with others. I am well organized, productive, reliable and playful. Healthwise, I feel good and have normal blood pressure, a strong immune system, and good digestion. I sleep well.
Sympathetic branch activated	I feel uneasy. I have thoughts about how the world is a scary, dangerous place and spend a lot of time in self-protection around others. I experience anxiety, panic attacks and emotional outbursts (especially anger), and I can't focus on things and organization very well. My memory isn't very good. I have high blood pressure, high cholesterol and often indigestion, and I don't sleep well. I get frequent headaches and suffer from chronic neck and back pain because of all the tension. I also get sick a lot.
Dorsal vagal activated	I feel dissociated and shut down. In my despair and isolation, I would say I'm hopeless and life is empty and dark. I experience memory loss and have no energy. I'm overweight and suffer from depression, low blood pressure, type 2 diabetes and a wide range of digestive issues. Nothing matters.

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> DR OTTO WARBURG - NOBEL PRIZE WINNER, 1931

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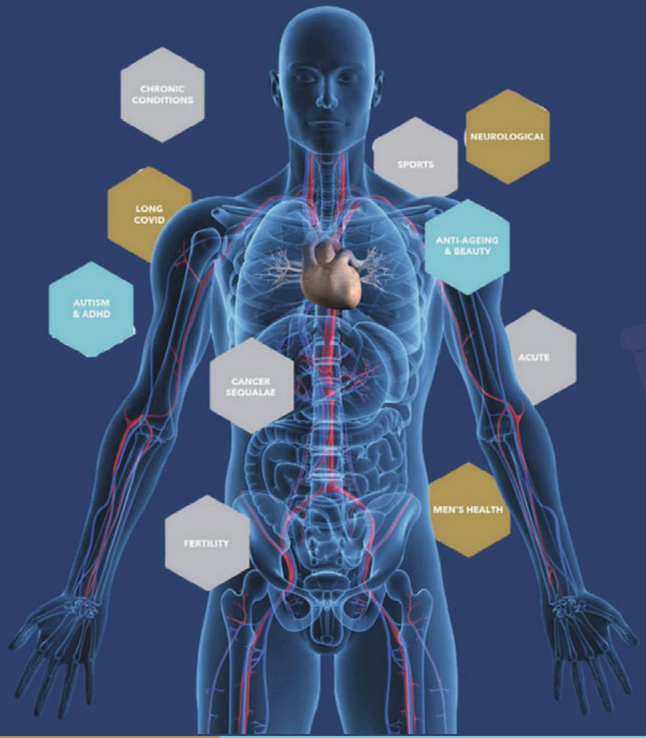

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Joy Stearns' story

As a child, Joy experienced domestic violence. In adulthood, after the tragic loss of her five-year-old daughter Melia and then, three years later, the unexpected death of her husband from an aneurysm, Joy spent the next few years in a state of shock.

"It was crazy," she says. "It almost destroyed me. I couldn't sleep. My nerves were frazzled. I kept having these heart palpitations, anxious sweating, nausea and headaches, and chronic pain. Even though I remained highly functioning as a construction architect, inside I was shaking to the bone."

Diagnosed with complex PTSD, she went to several medical doctors for help. But the one-size-fits-all, "standard of care" approach failed to provide what she needed.

"They all kept saying, 'Here, take these antidepressants.' And I was like, 'I don't want antidepressants because I'm not depressed.' And they would say, 'Of course you're depressed. Your child and husband died.' And I was like, 'Actually, this is different. Yes, I'm grieving, but I'm not depressed. I know you might find that hard to comprehend, but I need help for my nerves.' And they just had no clue what to do to help me."

Eventually she went to a psychiatrist who was also a pain specialist. But the result was exactly the same: endless rounds of antidepressants and pain medications.

"No one could help me with the trauma piece," she says. "No one seemed to understand that what was going on with me was physiological. My nervous system was dysregulated. I was in fight or flight most of the time. And that was driving the emotional piece in a vicious circle."

After 18 years of debilitating symptoms and frustration, in 2020 Joy attended an embodiment conference and heard Dr Arielle Schwartz speak.

"I was so blown away," she says. "She was talking about PTSD and trauma as neurological, physiological and neurobiological conditions, and I was like, 'Oh, my God, she's talking about me! This is the missing link!'"

> "No one could help me with the trauma piece. No one seemed to understand that what was going on with me was physiological. My nervous system was dysregulated. I was in fight or flight most of the time. And that was driving the emotional piece in a vicious circle"

Joy took classes from Schwartz and then started private sessions. She learned a variety of techniques to calm the vagus nerve and her autonomic nervous system, including mindful movement and therapeutic yoga for trauma healing and increased vagal tone.

These were specific yoga postures designed to gently stimulate the vagus nerve by opening the chest, throat and belly. Joy also learned self-massage on specific acupressure points for the vagus nerve, breathing techniques and EMDR (see page 38).

One of her favorite and one of the most effective techniques she learned was sounding. "You place your hands over your ears and put your thumbs on your neck near the vagus nerve and start humming and sounding," she says.

"The sound Arielle gave me immediately that first session was buzzing, where you've got your hands over your ears and make buzzing sounds like a bee. And then you put your lips together and blow like when you're teaching a kid to swim with their face in the water. It was amazing."

Within a year, Joy says, her life had changed. She even started taking lessons to become a trauma and grief yoga practitioner so that she could turn around and help others the way she had been assisted.

"It's about establishing a sense of self-agency and self-advocacy," she explains. "When you're traumatized, you can't slow down enough to listen to your body. That's the key. That and knowing how to self-regulate.

"When we're able to bring our nervous system into a state that is relaxed yet alert, we're able to feel better, think better and be receptive to learning while expanding our capacity for growth and ability to open to new ideas and experiences for ourselves and our relationships with others.

"When it comes to trauma, I figure the polyvagal and EMDR approach to healing are where the rubber meets the road."

After 50, muscle is a girl's best friend

Strength training is much more important than aerobics after menopause, says Debra Atkinson

There was a time when I was a cardio bunny. I dabbled in strength training but spent hours each week, sometimes a whole day, doing "aerobics."

Because we've been told this so often for decades, we've come to believe aerobic activity is best for fitness. Even though more and more science focusing on postmenopausal women shows muscle has the greatest influence on numerous components of health, we're still drawn to "cardio."

Have you reached a point where what you're doing isn't working, yet found yourself reluctant to exchange cardio for strength training? If so, the following is for you.

Women need muscle-centric exercise more than men

Women begin with less muscle and more fat than men. Fat is essential for reproduction. Once hormones needed for reproduction, but also for muscle maintenance, decline during the menopause transition, fat tends to increase and muscle loss becomes pronounced.[1]

One reason cardio doesn't "burn the fat" or boost metabolism is that with the decline of sex hormones, women become more susceptible to the negative effects of stress.[2] Cardio, in the way we've always done it, tends to increase stress.[3]

At the same time, women become more insulin resistant. A body under stress stores fat as a form of self-preservation. It can't both burn and store it. The stress hormone cortisol and insulin team up to increase fat deposits around the belly. At midlife, doing more cardio to lose weight may actually cause more belly fat.

Short walks, even longer hikes or short bursts of high intensity can certainly reduce the overall stress impact of exercise by keeping the stress positive. And positive stress hinges most on whether you enjoy, or find joy in, the activity and monitor your stress from all areas of life, adjusting as needed.

However, these activities don't influence fat-burning beyond the activity. They don't increase muscle mass.

Exercise that increases lean muscle mass will not only improve body composition[4] but ease many of the symptoms of menopause and increase the chances of enjoying a healthy lifespan. These benefits go far beyond just decreasing the risk of falls.

> **"Exercise that increases lean muscle mass will not only improve body composition but ease symptoms of menopause"**

You've been robbed

Muscle loss begins at about age 30. Studies vary in their findings on rate of loss, showing approximately 3–8 percent per decade or up to 1 percent annually after age 30, but they agree this rate is even higher both during the menopause transition and after age 60. In severe instances, there is a 50 percent total muscle loss by age 80.[5]

Muscle mass losses alter body composition (less muscle means a higher percentage of fat even if you don't gain fat) and are directly correlated with insulin resistance.

Not only is this acutely frustrating for women with stubborn weight or belly fat, but over the long term it can lead to type 2 diabetes, obesity, heart disease and osteoporosis.[6]

Recent history's effects on muscle and health

Though we're past the worst of the pandemic, we're going to see consequences of the pandemic for years. In the US, about 42 percent of the population gained weight, an average of 29 lb, during the first year of the pandemic alone.[7]

It wasn't muscle. Gyms were closed. Dumbbells weren't available. For women undergoing the menopause transition, when muscle and bone loss can accelerate significantly,[8] ignoring muscle training leads to a greater chance of early disability.

Lack of the muscle stimulus from estrogen, combined with lack of strength training to offset it, could mean greater levels of sarcopenia and osteoporosis if not mitigated.

Strength training exercises to try

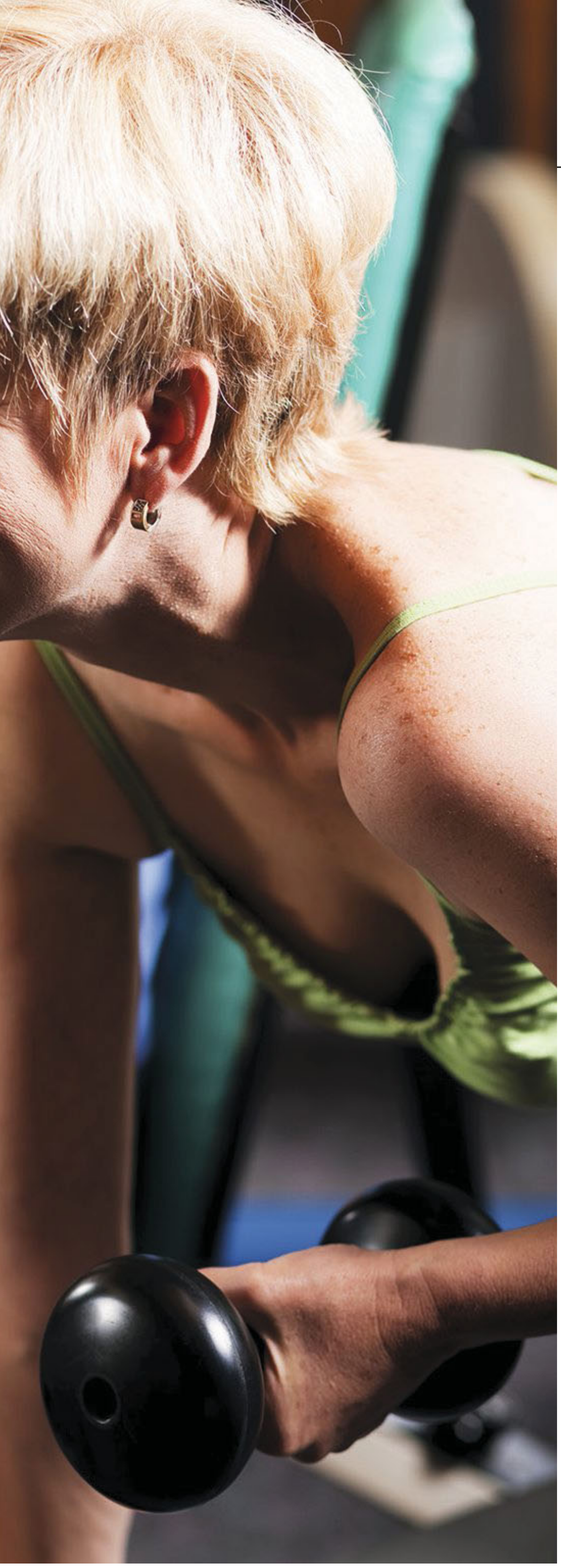
Once you've decided to give strength training a shot, you may be wondering which exercises are the most efficient for building muscle. These are some good options.

Compound exercises work multiple muscles and joints at the same time in a manner that more closely reflects activities of daily life:

- Squats
- Lunges
- Deadlifts
- Bent over, standing or seated row
- Chest press
- Lat pull-down or pull-up

Isolation exercises focus on specific muscles to develop them further:

- Bicep curls
- Tricep press
- Hamstring curls



Menopause-related reasons to gain muscle in midlife

Let's be honest—we're more motivated by immediate gratification than long-term risk aversion. Muscle provides both. Well-documented menopause symptoms include but are not limited to:

- Insomnia
- Anxiety
- Night sweats
- Bone loss
- Belly fat
- Depression
- Hot flashes
- Weight/fat gain
- Loss of muscle tone
- Insulin resistance

Muscle and muscle-building activity, or resistance training, have been shown to improve each and every one of these symptoms.[9] What's more, strength training surpasses cardio training in doing so. Cardio-induced stress is catabolic, meaning muscle breaks down at a faster rate.

There's more to love about muscle. It decreases inflammation linked to many diseases, particularly Alzheimer's disease (AD). Often termed "type 3 diabetes," AD is also a result of poorly controlled blood sugar. There's a direct correlation between amount of muscle mass and risk of AD and dementia, and at age 65 a woman's risk of developing AD is one in five.

Many of us are going to outlive the men in our lives, and we're going to need our strength to retain our independence.

Convinced? Here's how to know you're on the right path

Measure how much muscle you have. Body composition can't be tracked using a scale alone. Invest in a smart scale, one that measures body fat percentage at the least. If it gives you muscle mass in pounds or kilograms, even better. You can easily calculate muscle mass yourself if you know your weight and percentage of body fat.

Don't make the mistake of using a one-off BMI (body mass index) number as a measure of body composition. You don't know if your muscle mass is going up, going down or staying the same with BMI.

When you know, you can modify your exercise or lifestyle habits to support your muscle. It's better to check this regularly than to find out annually or occasionally from the doctor or a gym.

Muscle-building tips

To gain muscle, you need strength or resistance training. Women need strength training more than they need cardio and even more than men. And women 50 or older need strength training more than women aged 30.

Begin strength training twice weekly if you're not doing so already. After a period of adaptation, aim to reach temporary muscle fatigue with each set as described in the following steps.

1. Begin with one set of weights you can lift 15–20 times.
2. Progress after one or two weeks to weights you can lift only 12–15 times.
3. Progress to two sets after one or two weeks.
4. Alternate increasing weight, repetitions or sets (change only one at a time).

Maintain a regular strength training habit of three or more sets twice a week. Prioritize sleep and consume high-quality protein throughout the day for the best results.

Work up to twice-weekly total body sessions with at least three sets of eight to 10 muscle groups using weights that are as heavy as you can safely manage. You'll feel your energy and thus your overall total energy expenditure go up because you've increased strength without undue fatigue and soreness.[10]

For midlife women, this sweet spot for gaining lean muscle is the key to something that upgrades your life and can be maintained for life.

Long-term wins

When women strength train, their future changes for the better. In one study, after following exercise programs focused on resistance training rather than weight or fat loss, a group of postmenopausal women maintained their weight and body composition over a six-year period. By comparison, subjects showing low levels of participation or following cardio-only programs experienced significant increases in weight, body fat and belly fat.[4]

As a midlife client once said to me, "I don't care what the question is, the answer is exercise." I couldn't agree more. But to be most accurate, for women over 50, it's exercise with strength training as its foundation.

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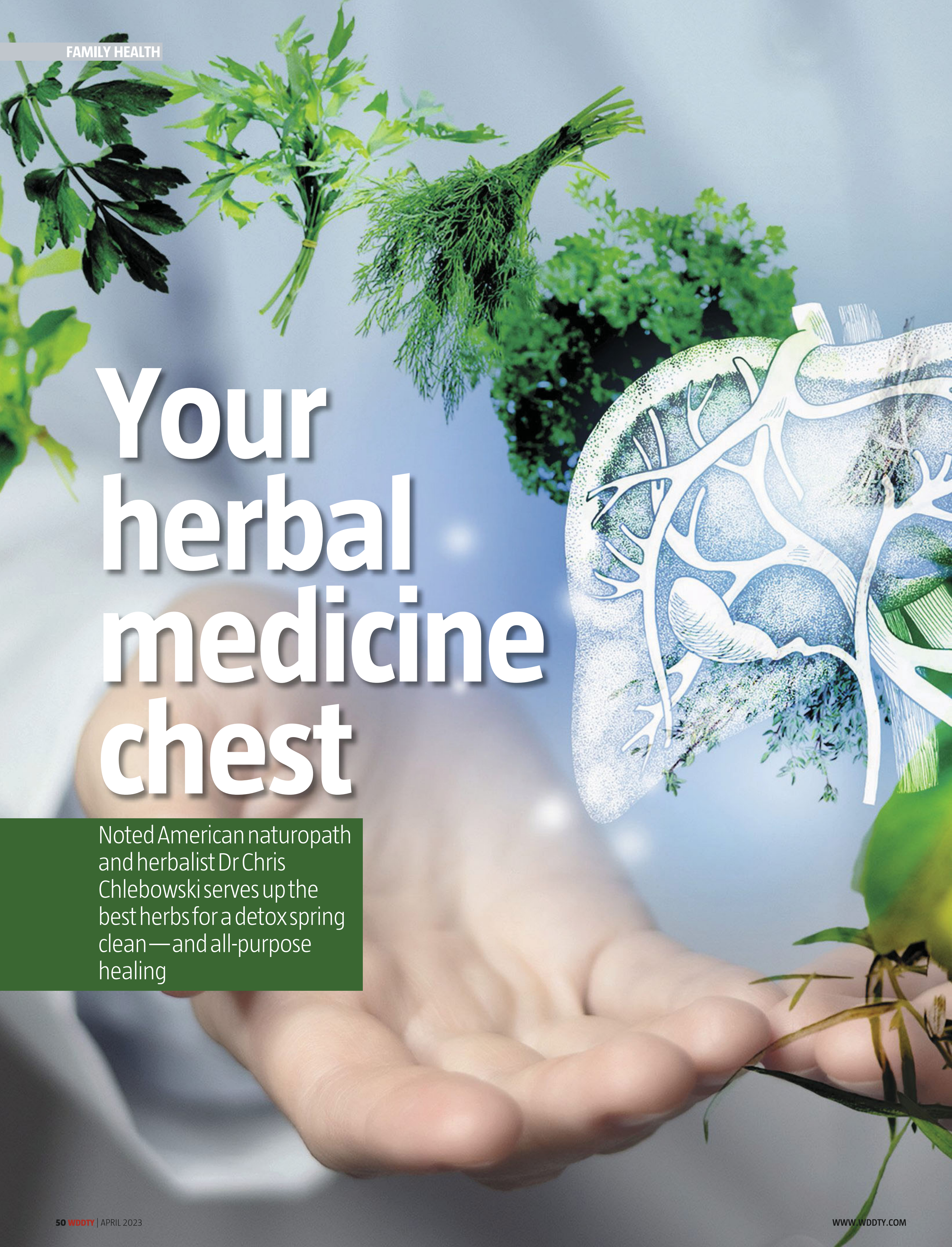
Debra Atkinson, MS, CSCS, is CEO of Flipping 50 and creator of the Flipping 50 Menopause Fitness Specialist course for trainers and health coaches. She is a medical exercise specialist with nearly four decades of experience. Her career has included teaching kinesiology at Iowa State University, giving international presentations to fitness professionals for major fitness associations, and serving as a subject matter expert for the American Council on Exercise.

She's a sought-after speaker for reframing aging and teaching how to do it, and her TEDx talk is "Everything Women in Menopause Learned about Exercise May Be a Lie."



Your herbal medicine chest

Noted American naturopath and herbalist Dr Chris Chlebowski serves up the best herbs for a detox spring clean—and all-purpose healing

All organs of the body must purge toxic components in order to operate properly, although several organs have waste removal as their primary function: the liver, the lymphatic system and the kidneys. Other organs operate secondarily as waste removal machines: the gastrointestinal tract, the lungs and the skin. We call these organs that remove waste from the body "emunctories."

Keeping your emunctories clean and increasing their waste-removal capabilities ensures that toxicity isn't building up in the body and is a critical method to keep our immune systems operating properly. You cannot stop a viral signal from occurring if your organs are full of toxins. Herbs are a great way to do this.

Here are the important plants for each region of the body or organ system that can easily complement a detoxification program and that tend to be most prominent in Western herbology, easy to grow and cultivate, and readily available from commercial suppliers.

Liver

The liver is easily the most well known of the organs of detoxification, but the symptoms of liver toxicity are less well known. Easily recognizable signs throughout the body can point to liver dysfunction and a need for herbal cleansing of this organ.

Dandelion (*Taraxacum officinale*)

Dandelion is an all-around gentle purifier for both the liver and the kidneys. It clears congestion in these organs and "toxic heat"

LIVE

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With Georgia Lennard and Bryan Hubbard

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resulting from impurities in our diets and the environment. When taken over long periods, dandelion can improve digestion and skin eruptions such as acne, eczema and psoriasis, which are often expressions of organ congestion.

Some detoxifying plants are best used before a toxic offense, but dandelion is so adaptable that it can be used before, during, or after a toxic insult, and it is safe for long-term consumption in adults and children.

Toxic livers and gallbladders will often present as pain under the right shoulder blade or tight and contracted muscles in the shoulder, particularly on the right side and up into the neck and the back of the head—often resulting in a temporal or dull frontal headache. Dandelion can help correct these referred musculoskeletal pains from the liver.

A slightly swollen and painful liver, which has a slight ache after drinking too much alcohol or eating too rich a meal, can also be a good indication for the use of dandelion.

Because of its broad and gentle applications, I often use dandelion as a base for many of my detox formulas, as well as recommend it as a tea that people can sip in the spring and summer, either hot or over ice.

Although the root is the primary portion of the dandelion used in tinctures, the leafy dandelion greens make an excellent addition to salads and are rich in vitamins B and C, minerals and antioxidants. Be sure to harvest them from a place far from roads, golf courses, and non-organic farms, which often have toxins, or buy organic ones at a market.

Milk thistle (*Silybum marianum*)

Milk thistle is powerful for protecting or regenerating liver tissue. Its indications are congestion and inflammation of the liver, including hepatitis, jaundice, cirrhosis, cholangitis and cholestasis, as it increases the flow of bile and improves blood stasis in this blood-rich organ.

It is also a great herb for detoxifying the brain and spleen, exemplifying how most plants, unlike pharmaceutical drugs, benefit multiple organ systems.

Silybum has a wide-reaching effect against a broad variety of chemicals and toxins, such as dry-cleaning solutions, acrylamides, cadmium, ethanol, thallium, chemotherapy and organophosphates.

I think of milk thistle when I know someone is going to be exposed to toxins, like in a night out on the town or a round of chemotherapy.

Good evidence exists that milk thistle protects the liver through a variety of mechanisms: it lowers oxidative stress, modulates immunity, lowers total toxin uptake, increases glutathione production and lowers inflammation. There are few plants that have such wide-reaching effects on such an important organ of detoxification.

Several studies have also shown that *Silybum* improves the classic liver laboratory blood serum markers AST and ALT, making milk thistle very useful in alcoholic and nonalcoholic steatohepatitis (fatty liver), which is unfortunately rampant in our times.[i]

Milk thistle (*Silybum marianum*)

Milk thistle also works well to reverse the damage of acetaminophen (Tylenol or Panadol) toxicity or overdose, which is the leading cause of calls to poison control centers.

Silymarin, or milk thistle extract, also has the ability to upregulate the cytochrome P450 enzyme in the liver and thereby affects the metabolism of many drugs, helping the body clear medications more quickly.

Because of this, if you take prescription medications, check to see if they are affected by the powerful plant as it may reduce your drug's efficacy.

The leaves and seeds are the medicinal part of the plant, the crushed seeds being much more powerful for a powder, a tea or a tincture.

Kidneys

The kidneys can take an awful punch in chronic multisystem degenerative disease (CMSDD), and many toxins we are exposed to must pass through the kidneys to be excreted. Therefore, if these paired organs aren't working properly, they will be damaged in the process.

I have watched so many chronically ill people speeding toward dialysis who have no idea that simple measures can bring their kidneys back from late-stage (3 and 4) kidney failure.

The addition of just a moderate amount of vitamin B6 (50 mg), magnesium (300–400 mg) and l-glutamine (1 g) to a person's supplement routine can turn around a failing kidney in a few months. You can further speed the process along by adding one or more of the following herbs.

Horsetail (*Equisetum arvense*)

Horsetail is an excellent plant to help remove impurities from the genitourinary tract. As all the blood in our body must pass through the kidneys, this is the last stop for many toxins.

One of the most common and dangerous toxicants for the kidneys is lead. The slow, almost inevitable buildup of this heavy metal is one of the main reasons I find people developing failing kidney function over the course of their lives.

Horsetail (*Equisetum arvense*)

A tincture or tea of horsetail over time will help remove this impurity from our kidneys.[2] Horsetail is also a gentle diuretic; it mildly increases the flow of urine. And in the wisdom that only plants have, it completes its diuretic action without stripping the body of minerals and electrolytes.

The kidneys are also damaged in uncontrolled blood sugar and diabetes; horsetail can help reverse that process.[3]

In addition, it is a useful plant for treating bladder and kidney infections and the toxic accumulations that can occur when this system is congested.

You can make a tea or a tincture out of this herb by finely crushing the hard, fibrous stalks. A cup or two a day of tea will do the trick to have a good effect on your kidneys.

Equisetum is also a rich source of natural, organic silica. At least 25 percent of its dry weight is silica, while it's also rich in calcium, potassium, sulfur, zinc, magnesium and manganese—it is an excellent herbal mineral supplement.

As a connective tissue tonic, tea made from this plant helps to rebuild cartilage and bones. It is also useful when someone is complaining of hair loss or brittle, fragile nails.

Nettle (*Urtica dioica*)

I'm not sure there's anything this plant can't do for the human body. It has amazing alkalizing, detoxifying, cardioprotective, anticancer and antidiabetic properties. It is mostly known for its ability to bind sex hormone-binding globulin (SHBG) and help reduce the size of the prostate gland in benign prostatic hyperplasia (BPH).

However, its cytotoxic, antimetastatic and antitumor effects are coming to light as research into its usefulness in prostate, breast, colorectal and gastrointestinal cancers is conducted. I suspect we will eventually discover that nettles are helpful in treating most, if not all, cancers.

Nettle (*Urtica dioica*)

Urtica's first power of detoxification comes from its ability to gently change the pH of our blood, helping to bring us back into balance.

Acidity of the blood is a root cause of many diseases. It allows our inborn endobiotic bacteria, the ones that live inside our bodies, to grow out of balance and creates an environment hospitable for exogenous organisms. It also creates a toxic environment where viruses continue to loop a symptom signal. Nettles can reduce this acidity.

Nettles also pack a punch as an antioxidant. A 2015 study showed that rats pretreated with nettle extract avoided kidney damage when dosed with the common chemotherapeutic agent gentamicin.[4] In another study, rats were exposed to mercury. Researchers found the rats that were given a solution of nettle leaves had enhanced liver, kidney and testicular glutathione levels when being exposed to this toxic heavy metal.[5]

Not only can nettles change our pH but they also have a protective effect on our most important organs of detoxification.

Nettle works well as a powder. You can add it to just about anything you drink, make it into a tea or add it to a bit of warm water, as I do. It also does its job dutifully in a tincture taken at 30 drops once or twice a day.

Lymphatics

Almost all tissues of the body have lymphatic channels that drain large waste proteins away from our interstitial spaces and into our blood. We'd perish in less than 24 hours without this essential function. A clean and well-functioning lymphatic system is critical to good health, and there are many plants that can aid in this process.

Cleavers (*Galium aparine*)

Cleavers (*Galium aparine*)

Galium is a fantastic remedy when someone has swollen lymph nodes around the ears or in the neck. This is the sort of situation that often follows an ear or throat infection in children.

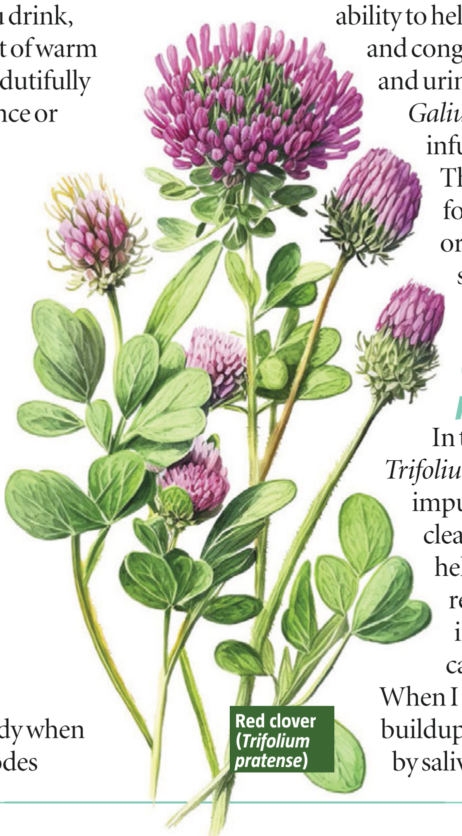
This can also apply to lymph nodes in the groin or the armpit, which can be affected by *Bartonella*, mold or other chronic infections.

Like most plants, *Galium* has an affinity for more than one system of the body. It is also a diuretic and a kidney medicine. In people who have kidneys that are ailing from toxins and a boggy lymphatic system, this can be an excellent remedy.

A few drops to a dropperful of the tincture, taken daily, can gently clean out the lymphatic system. The white blood cells that inhabit that area can be prepared for whatever cancer, bacteria or viral signal comes along next.

This simple garden plant also has the ability to help clear up old debris and congestion in the kidneys and urinary tract.

Galium works best in a fresh infusion or as a tincture. This plant can't sit around for very long, so use it or turn it into a tincture soon after picking.



Red clover (*Trifolium pratense*)

Red clover (*Trifolium pratense*)

In the broadest sense, *Trifolium* is a clearer of impurities—a blood cleanser and purifier. It helps transform and remove junk from places in the body where it's causing problems.

When I see a patient who has a buildup of toxins accompanied by salivary gland congestion or single swollen, hard nodes with a stiff neck, I think of adding red clover to their protocol. It also stimulates the liver and gallbladder, and it can improve arthritis by lowering the pH of the body and stimulating lymph flow.

This tiny little friend also packs a punch as an anticancer agent and shows up in most of the old, eclectic cancer formulas as a supportive herb to help detoxify the lymph and blood as other herbs are breaking up cancer cells.

Red clover is also high in isoflavones, which help balance and regulate hormonal function. One of the isoflavones found in red clover is irilone, which naturally potentiates progesterone. In ovarian and endometrial cancer cell lines, it can help decrease tumor size and balance estrogen and progesterone naturally.

Formononetin is another isoflavone found in red clover; it induces cancer cell apoptosis and slows metastasis in hormonal cancers.[6]

Red clover is naturally high in vitamins and minerals, including molybdenum. This is a common essential mineral deficiency that I find when someone is having a difficult time clearing toxins.

Molybdenum helps to clear nitrogenous waste from the body. Many times, when people have difficulty with sulfur compounds like garlic, onions, NAC and glutathione, they may just need a little supplemental molybdenum. We can give a little molybdenum or just prescribe a few weeks of red clover tea to help clear out these clogged detox pathways.

Due to its hormonal effects, we tend to steer away from red clover during pregnancy, but otherwise it is safe for consumption. As a tea or tincture, it works great.

Lungs

All metropolitan areas around the world have some degree of toxins floating in the air, which can get lodged in and damage our lung epithelium.

I have found over the years that adding some lung detoxifiers to my patients' health routine after toxic exposures lowers their chances of developing an upper respiratory infection the following winter.

Mullein (*Verbascum thapsus*)

Mullein leaves are good for detoxification of both the lungs and the kidneys as well as a useful remedy for earaches in children.

I think of mullein when someone has an old, dry, irritating cough, remnants of either an unhealed bronchial infection or a toxic lung exposure to harsh chemicals, cigarette smoke, Covid or wildfires.

In the western United States, we often have smoke in the summers, and mullein comes to the rescue for my patients in the fall, when their lungs are congested after breathing wildfire smoke all summer.

Verbascum, by its nature, is also a wound healer. Presumably, this is one of the ways it also does its work in the lungs: it breaks down old scars and fibrinogen in lung tissue and allows the alveolar tissue to return to its previous state of health. This hardy and prolific plant also induces apoptosis in lung cancer cells.[7]

Mullein can lower inflammation in the lungs, lymphatics and kidneys, opening up the pathway to remove toxic gunk. Its soothing expectorant qualities can then take over and allow the lungs or kidneys to expel unwanted materials.

It is a good, safe herb for long-term consumption and should always be considered in a lung detoxification program, particularly when the tissues seem dry and irritated.

Mullein (*Verbascum thapsus*)

Plantain (*Plantago major*)

Not to be confused with the tropical plant, plantain soothes, calms and coats the lungs, bowels and urinary tract. It can bind to and expel toxins from any of these areas. In a sense, it rids the body of poisons and mucus.

In addition to everyone's favorite herb *Echinacea*, plantain is a favorite to treat blood poisoning and should be thought of anytime the blood is in a weakened state.

Studies have shown that plantain reduces thickness and microscopic bleeding in the alveolar epithelium after lung damage from toxic insults resulting in asthmatic situations.[8]

Like any good detoxifier, plantain also lowers inflammatory mediators in those tissues. We can apply this logic across any kind of toxic lung damage, whether it be from smoke, mold or other chemical exposure. A tea or tincture of plantain can help set these issues right.

In the kidneys, plantain reduces damage from chemotherapy agents like cisplatin.[9] I suspect, based on plantain's wide-reaching effects in multiple body systems, that over time we will discover there are few areas where this plant can't assist us in healing from toxic damage.

Fresh or dried plantain leaves can make a tea, or a tincture can be made from the leaves and stored for future use.

Plantain (*Plantago major*)

HEAL YOUR PAST
LYNNE MCTAGGART & BRYAN HUBBARD

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Besides pioneering Power of Eight® group intention, Lynne has developed a method of using intention to "time travel," which not only heals issues in the present but also those of the past.

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She has also developed a new technique for a Power of Eight® group to collectively 'time travel' as a group to envision – and ultimately help manifest – a powerful rewarding future and life purpose for each individual group member.

Many of Lynne's students have discovered that the intention techniques "backward and forward in time" are among the most transformational work she offers.

Lynne will be joined by her husband and WDDTY co-editor Bryan Hubbard, author of the ground-breaking book *The Untrue Story of You*, who will teach his revolutionary Time-Light method, the radical new therapy he developed to help you clear out old patterns and make way for new.

Time-Light is now being used by a team of European therapists to heal such problems as depression and anxiety.

These techniques are perfect for healing past incidents that hold you back from living the life of your dreams.

Bryan will show you with great clarity why your life can be on constant repeat, with patterns that block you from achieving your greatest fulfillment. He'll also demonstrate why many of your intentions consequently don't work, despite your best intentions.

You'll learn how experiences you never fully understood from your past weigh you down, causing you to respond in the present with anxiety and fear. Bryan's exercises will help you identify the patterns in your life and their role in governing your present.

After healing specific incidents from your past that prevent you from living life to your full potential, Lynne will help you engage in some fast-forward traveling into the future with your group to design a fulfilling life going forward.

And in the process of healing yourself, you'll also be helping to heal the lives of the other attendees—and vice versa!

The accommodation

Broughton Hall offers an opportunity to stay in one of the 17 period rooms of the historic house itself, many with four-poster beds, copper or standalone bathtubs, access to the library (with a hidden door), the magnificent conservatory and more.

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"I experienced the most interesting, magical, emotional journey this week with Lynne and Bryan on their Heal Your Past retreat, set in the most exquisite Broughton Hall. It has been a journey of transformation, deep connections and life-long friendships. We have joy in our hearts for humanity and love that radiates freely."
Lee, Bradford

For more information, visit lynnemctaggart.com/broughton-retreat

The Brain

All neurodegenerative disorders are associated with a level of neurotoxicity, so cleaning up the brain is one of the ways to prevent disorders like Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS) and multiple sclerosis.

Our brains have a blood-brain barrier, a unique system of vasculature that surrounds our nervous system and acts as a filter. The blood-brain barrier lets in small particles of glucose and neurotransmitters while keeping larger and more harmful particles out.

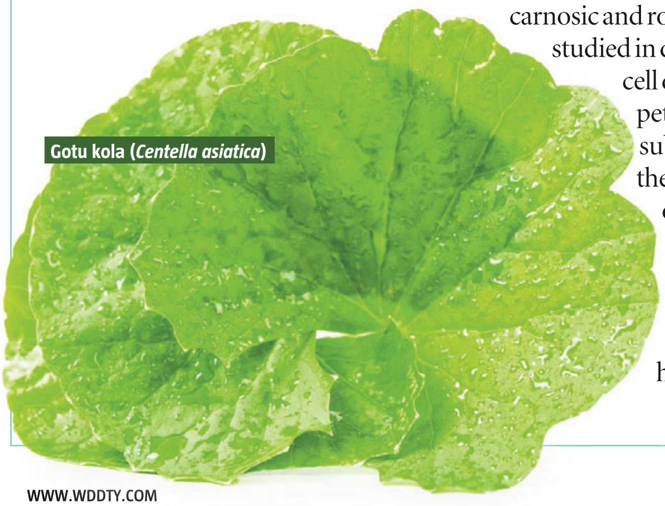
Factors like hypertension, electromagnetic frequencies, chronic infections and uncontrolled blood sugar can all damage our blood-brain barrier. When it is damaged, larger toxins like mycotoxins, aluminum, mercury and lead can pass through the barrier and accumulate in the brain and spinal cord.[10]

Pervasive neurotoxins like PCBs, toluene, DDT, fluoride and polybrominated diphenyl esters (PBDEs) can also get into the brain and cause damage. Once these chemicals are inside the nervous system, our bodies deposit substances like tau protein and amyloid plaques in response. These deposits are the hallmark of the neurodegenerative diseases and signal the damage.

Gotu kola (*Centella asiatica*)

Also known as Indian pennywort, gotu kola has many neuroprotective properties, but its prowess in brain detoxification likely comes from its properties as an antioxidant.

Through the dampening of oxidative stress, it can help mitigate Alzheimer's and other neurodegenerative disorders.[11] Recent studies have shown that *Centella* encourages dendrite growth and protects the nervous system tissue from early programmed cell death.



Gotu kola (*Centella asiatica*)

Like many powerful herbs, gotu kola should be taken in spurts, or "pulsed." Some of its compounds may build up and have deleterious effects on human tissues if it is taken unabated for long periods of time.

My recommendation is to take it for six weeks and then take two to four weeks off before resuming.

Rosemary (*Rosmarinus officinalis*)

Native to the Mediterranean region, rosemary is now commercially distributed around the world for its use in fragrances, medicine and cooking. It is antimicrobial, antioxidant, antitumor, anti-inflammatory, circulatory-enhancing and neuroprotectant. It also prevents cell death.

Rosemary (*Rosmarinus officinalis*)

Memory loss is common as people age, but it's not normal. This loss in the ability to recollect is due in part to inflammation and poor neuron health.

Ordinary garden-variety rosemary can help. Two of rosemary's components, rosmarinic acid and ursolic acid, aid in reversing the deficits associated with both spatial and recognition memory by lowering inflammation and healing neurons.[12]

The pungent essential oils in *Rosmarinus* provide its distinct aroma. Two components of these diterpenes—carnosic and romarinic acid—both studied in detail, inhibit neuronal cell death both in the petri dish and in human subjects. They increase the density and expression of neuron growth as well as the health of the synapses, the space between the neurons where the action happens.

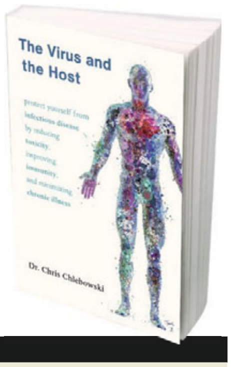
As a circulatory tonic, rosemary improves blood flow not only in the brain but also in the extremities. It also improves the intake of glucose in neurons, feeding these sugar-hungry cells in a more effective way.

I often recommend this herb to patients who suffer from brain fog and memory lapses when their blood sugar drops.[13] And, like all good detoxifiers, it must lower inflammation.

This simple garden herb is important for the prevention of a process leading to lipopolysaccharides that can damage brain and gut membranes.[14]

Don't use this one in big doses during pregnancy because of its strong circulatory effects and ability to stimulate menstrual flow. Teas and tinctures are great ways to take rosemary. Dry it and tincture it for use throughout the year.

This is an adapted excerpt from *The Virus and the Host* by Dr Chris Chlebowski (Chelsea Green Publishing, 2022)



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The anti-cancer home

The average home is laden with potential cancer-causing toxins. Dr Leigh Erin Connealy describes effective ways to clean house

Many of our patients are striving to fight off cancer, bolster overall health and improve their quality of life. A big part of that process is ridding their bodies of cancer-causing toxins.

But one key area that is often overlooked is the numerous unseen dangers lurking in our homes and offices. I often liken these living environments to fishbowls. If you don't change the water and clean the bowl frequently, the gunk builds up and the fish become sick and die.

The same goes for creating a toxin-free environment conducive to healing and recovery. Failure to "clean house" can seriously undermine all the treatments, dietary changes and detoxification protocols you and your medical team are working so diligently on. A clean home—a toxin-free sanctuary—is a necessary ingredient in the recipe for wellness. Fortunately, you can easily start creating an anticancer living environment today.

Our ancestors had it easy

Things are very different in our world than they were 100 years ago. After all, there was no such thing as electromagnetic pollution, and chemical toxins were not nearly as abundant as they are today. As a result, the incidence of all types of diseases, from autoimmune disease to heart disease and cancer, has been skyrocketing.

Once thought to be a disease that mainly afflicted older people, cancer is now seen more prevalently in children and young adults. If we want to survive as a species, we need to open our eyes and start doing everything in our power to "clean up our fishbowls" and remove as many toxins as possible from our indoor and outdoor environments.

One of the easiest places to start is by looking closely at some of the most problematic household items. Most people use these things every day and never give them a second thought.

Personal care and household cleaning products

Cleaning supplies such as laundry and dish soaps, along with floor, bathroom and carpet cleaners, are notorious for containing toxic chemicals. And many personal care products are laden with DNA-altering chemicals that no one should slather on their faces and bodies. The following are some of the most common culprits:

Perchloroethylene (perc) Found in the solvent used for dry cleaning garments, drapes, bedding and curtains, this potentially toxic chemical can be avoided by switching from dry cleaning to a wet cleaner. Using water-based technology like liquid carbon dioxide, wet cleaning is a chemical-free way to freshen up those dry-clean-only items.

Ammonia Ammonia is prevalent in many household cleaning products. You can easily find out if the products you are using contain ammonia (and other harmful chemicals) by visiting the Environmental Working Group's website at ewg.org. They grade products on an A–F scale, and products earning a D or F grade pose significant hazards to your health and the environment.

It's easy to make your own toxin-free cleaning solutions using natural substances such as vinegar, baking soda and tea tree oil. A simple internet search for terms like "nontoxic cleaning product recipes" will yield an abundance of helpful information.

Chlorine Many bathroom cleaning products contain chlorine. You can swap these chlorine-based products for natural options such as borax powder, Bon Ami, vinegar, hydrogen peroxide, essential oils and baking soda.

I like to mix a few drops of lemon or orange essential oil into a gallon of water and add a splash of hydrogen peroxide and vinegar. Again, you can find plenty of step-by-step directions online for making your own natural, chlorine-free cleaning products.

Triclosan Though the FDA banned triclosan in over-the-counter household products in 2017, some liquid dishwashing detergents, hand soaps and antibacterial hand gels still contain this phenol ether derivative.

While it was initially thought to be beneficial as an antibacterial agent, triclosan has since been found to contribute to the antibiotic-resistant "superbug" bacteria issue. Furthermore, per the FDA, in high doses, triclosan is an endocrine disruptor linked to lowered thyroid hormone levels.[1]

> It's easy to make your own toxin-free cleaning solutions using natural substances such as vinegar, baking soda and tea tree oil. Or swap chlorine-based products for natural options such as borax powder, Bon Ami and hydrogen peroxide

Problematic chemicals at a glance

While the chemicals listed above are some of the most common ones hiding in your personal care products and household cleaning items, several others can also be problematic. Instead of memorizing a laundry list of hard-to-pronounce substances, go by this general rule: if a product has a perfumed or chemical scent or a laundry list of unrecognizable ingredients, chances are it contains toxins.

When checking labels on your personal care products, look for these ingredients that have been linked to cancer and other diseases:

- Phthalates
- Parabens
- Mineral oil
- Petrolatum
- Propylene glycol
- Sodium lauryl (or laureth) sulfate
- FD&C color dyes (made from coal tar)
- Fragrance (a euphemism that can mean almost anything they don't want to disclose)
- Triclosan
- Aluminum (often in antiperspirants)

Finding truly healthy products

Determining which products are truly healthy can be confusing. Slick marketing campaigns use buzzwords like natural and organic to tout their products as safe and chemical-free, but many are brimming with toxins.

One of the best ways to avoid harmful chemicals is to compile a list of commonly used toxic ingredients and carry it with you to check product labels. You can also check the Environmental Working Group's Skin Deep database (ewg.org/skindeep), which rates the safety of more than 86,000 cosmetics and personal care products. Or you can search the site by entering the brand names of other household products (ewg.org/guides/search).

It is crucial to clean up these household and personal care items because your skin literally soaks up these chemicals and toxins and absorbs them into your body. Doing whatever you can to remove these potential cancer causers from your living environment can go a long way toward improved health and wellness.

In the kitchen: is your cookware toxic?

It isn't reassuring to note that many pots and pans out there and several types of containers we store our food in are full of potentially carcinogenic heavy metals and other chemicals. These toxins can leach into our food, wreaking havoc on our health and undermining our efforts to create a toxin-free living environment. Avoid pots, pans and storage containers made from aluminum or plastic, and stay away from Teflon-coated pans.

When heated to high temperatures, cookware coated with Teflon can emit polymer fumes. Short-term exposure can cause flu-like symptoms, and prolonged exposure can increase your risk of developing certain cancers.[2]

To sidestep these risks, replace old pots and pans with ceramic, cast iron or glass cookware and store food in glass, not plastic, containers. You can use stainless steel if it's free of heavy metals like nickel.

An easy test for determining the quality of stainless steel products is to place a magnet in the pot or pan. If it sticks, the cookware is likely to be okay. If it doesn't stick, it may contain many unwanted and unknown metals other than stainless steel.

What about appliances?

Any appliance that heats food to extremely high temperatures, like deep fryers and BBQ grills, can strip food of its healthy enzymes. Cooking at high temperatures, such as grilling meat over an open flame, can also create harmful carcinogens that can damage cells and potentially cause cancer.[3]

Other problems arise when electric appliances, such as coffeemakers and water kettles, have food or liquid passing through or touching hard plastic. Instead, look for stainless steel versions.

Finally, ditch the microwave. These appliances can change the configuration of food and potentially even leak small amounts of dangerous radiation into your home. Play it safe and sauté, steam, bake or broil your food.

Carpets, linens, mattresses, and other household items

I don't expect anyone to run out right away and purchase all new furniture, drapes and flooring after reading this article. That said, there may be an ancient mattress, a dusty rug or a few old window coverings made of less-than-ideal and potentially toxic materials that you may want to replace with healthier versions.

Old carpets are laden with chemicals linked to cancer, chief among them formaldehyde. Those musty floor coverings are also filled with mold spores, dust, and bacteria, which can be kicked up and inhaled. Most new carpet isn't much better. It's full of problematic chemicals as well.

Fortunately, nontoxic flooring is available. Carpet made from natural sources like wool is a wonderful option. Consider replacing the carpet altogether and using hardwood, natural stone, or tile flooring. You can also find area rugs in natural fibers like jute, bamboo and wool that are safe and nontoxic from various online retailers.

HARMFUL VOCS CAN BE FOUND IN BUILDING SUPPLIES, CHEMICAL CLEANING PRODUCTS, VINYL FLOORING, PAINT, SOLVENTS, AIR FRESHENERS AND PHOTOCOPIERS

If replacing your flooring isn't an option, I strongly recommend purchasing a HEPA air filter to reduce the number of airborne toxins you breathe in every day. Most people are shocked to learn that the air inside homes is considerably more toxic than the outdoor air—even in a big city.

Conventional mattresses are another issue. They often contain nylon, polyurethane foam and petroleum-based polyester, chemicals known to emit volatile organic compounds (VOCs), which have been tied to cancer. The flame-retardant chemicals most mattresses are doused in can also be toxic. Lastly, the metal springs in some mattresses have the potential to conduct and amplify the effects of electromagnetic fields (EMFs) in the environment. In short, your bed could be making you sick.

The good news is you can choose from several natural and safe options, from 100 percent wool mattresses to 100 percent organic cotton sheets and other bedding to 100 percent organic towels and bath mats.

Lower your exposure to harmful VOCs

Know that harmful VOCs can also lurk in other places in your home. They can be found in building supplies, chemical cleaning products, vinyl flooring, paint, solvents, air fresheners and photocopiers, to name a few. Follow these tips for reducing your exposure to VOCs at home:

- Do not purchase a conventionally treated mattresses brand new.
- Open windows to air out your home daily when weather permits.
- Avoid installing new carpets if you have health problems.
- Use natural cleaning products.
- Look for low-VOC paint for household home improvement projects.

A note about mold

Most people know that mold is dangerous. Yet, despite being linked to numerous chronic and serious health conditions—including cancer—it's found in an alarming number of households. Cold, damp weather makes mold problems even more common but no less problematic.

Whether the mold is visible or hiding behind the walls, in the washing machine, under flooring or behind sinks, it's a good idea to find it and get rid of it. One easy way to test for mold is to order an Environmental Relative Moldiness Index (ERMI) test.

These home kits are available from a variety of online retailers, and they test for several hazardous mold species. If testing reveals harmful mold in your living or working space, you must have it removed by a professional mold remediator. Follow up with your integrative physician to discuss any health problems stemming from the mold exposure and work together to devise a treatment plan to rid your body of these toxins.

Invest in a good air filter and buy more plants

We talked a little bit about HEPA filters earlier, but cleaning up your indoor air is a must for the home and workplace, especially if you are dealing with a severe health condition such as cancer.

Investing in a quality air purifying system that rids the air of dust, pollen, pet dander, chemical gases, mold and other irritants will reduce the toxic burden your body has to process and allow you to focus on getting—and staying—healthy. Some of the nicer HEPA air purifiers can cost a pretty penny, but they are worth it.

For a more budget-friendly approach, consider airing out your home daily by opening the windows and buying more plants. Plants scrub the air, soaking up harmful gases like formaldehyde and benzene, and add color and cheer to any home or office space.

Certain plants are extremely effective at purifying indoor air. These include peace lily, English ivy, snake plant, chrysanthemums, devil's ivy, dracaena, bamboo palms and gerbera daisies.

Rome wasn't built in a day; you certainly don't have to take all these detoxification steps simultaneously. But it is crucial to reduce your toxic burden as much—and as soon—as you are able. Creating an anticancer living environment is paramount to your wellbeing and will ensure you and your loved ones can thrive and live the healthiest lives possible within your four walls.

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2 WebMD, "Is Teflon Coating Safe?" June 22, 2021, webMD.com

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Leigh Erin Connealy, MD, is the medical director of the Cancer Center for Healing and the Center for New Medicine in Irvine, California. Dr Connealy's multidisciplinary treatment protocols, team of healthcare professionals, and holistic approach to health and healing have made the Centers the largest integrative/functional medicine clinic in North America, visited by more than 70,000 patients worldwide.

Author of *The Cancer Revolution* and *Be Perfectly Healthy* and a sought-after speaker who has appeared on numerous TV and radio shows, webinars and podcasts, Dr Connealy has been named one of the Top Functional & Integrative Doctors in the US.

THE HEALTHY **HOT** LIST

Here's a selection of products to help take your self-care to the next level with super nutrition, lower stress and better sleep, says Janey Lee Grace

fiils
BODY LOTION
BODY WA

STAY SUSTAINABLE WITH REFILLABLE SKINCARE

FIILS

Hand and Body Lotion, £8 (400 mL)

fiils.co

Stay sustainable with refillable products such as this hand and body lotion from Fiils. The company makes refill pouches for their products and you can subscribe to buy regularly. The lotion is vegan and made with almost 100 percent natural and organic ingredients, including lemongrass, reputed to have antibacterial properties and especially nourishing for nails and skin. The coconut scent is soothing while the lotion is helping to hydrate and nourish the skin.

ROLL AWAY THE STRESS OF THE DAY

ABSOLUTE AROMAS

Aroma-Roll Relaxation, $6.44/£5.35 (0.3 fl oz/10 mL)

absolute-aromas.com

This essential oil formula is perfect for traveling or even for using just before a stressful meeting. Roll it across pulse points and immediately feel a sense of calm.

Formulated by aromatherapists to be uplifting and grounding, the portable roll-on includes clary sage, bergamot, tangerine and petitgrain essential oils, plus chamomile and lavender. The overall effect is a lovely citrusy aroma.

Absolute Aromas is owned and operated by a husband-and-wife team from Hampshire, England, and offers a wide range of essential oils and blends. They're extremely careful about sourcing quality ingredients, opting for oils only from controlled, sustainable sources that have a minimal negative impact on the environment.

ABSOLUTE aromas
Aroma-Roll
Relaxation
to soothe & unwind
10ml 1/3fl oz ℮
10ml 1/3 fl oz ℮

AND SO TO BED

MODIBODI

ModiCool T-Shirt Sleep Set, $69.00/£59.00
ModiCool Pillowcase, $18.00

us.modibodi.com / modibodi.co.uk

Modibodi makes biodegradable period pants, and their mission is to provide products that work for everyone even though every woman's flow is individual. They are known as the "global leaks apparel brand," but now, in addition to their undies, they have designed some cool products to help those who sweat at night.

Their T-shirt sleep set and pillowcase are made from an innovative fabric that has been proven to help regulate your body temperature, absorb sweat and dry quickly.

MEDIUM STRENGTH
DRAGONFLY CBD
WITH VITAMIN D
IMMUNE SUPPORT + BONE HEALTH
CBD ORAL DROPS
500MG CBD
NATURAL FLAVOUR

GET IN THE VITAMIN D VIA CBD

DRAGONFLY BIOSCIENCES

CBD Oral Drops with Vitamin D, £29.50 (500 mg)

dragonflycbd.com

Most of us love a multipurpose product, and when it combines vitamin D with CBD, what's not to like? With this quality oil, you can get the recommended intake of vitamin D plus the wellbeing benefits of CBD oil, which can help with anxiety and stress.

The recommended serving of five drops a day delivers 12.5 micrograms of vitamin D to you in every serving, a level you can take all year.

This food supplement can be bought over the counter, and the Dragonfly CBD portfolio now includes a limited-edition range of four new flavors: orange, mint, anise and cinnamon.

WHILE WE'RE TALKING NOOTROPICS

LONDON NOOTROPICS

Adaptogenic Coffee Blends, $18.05/£15.00 (12 sachets)

londonnootropics.com

Coffee lovers may love these excellent adaptogenic instant coffee blends from London Nootropics.

Made with medicinal mushroom extracts and other adaptogens, these blends are all designed for a specific purpose. I like Mojo, which gives a natural boost as it contains Cordyceps mushroom, known to increase aerobic capacity and oxygen flow around the body. It's also said to boost ATP, our energy molecule.

If you want more clarity and focus, try Flow, and when it's time to reduce stress and anxiety, opt for Zen.

The good news is you don't get the side-effects that you might from coffee—all the buzz without the jitters!

GO WITH THE FLO

HERE WE FLO

Eco-applicator Tampons, £5.95 (14-pack)

hereweflo.co

For anyone who cares about their impact on the environment, the waste from traditional sanitary products is horrifying.

Some period-care products are bleached, are made with pesticides and have chemical residues of chlorine bleach, fragrances and dyes. Many pads are up to 95 percent plastic, too, so they wash up on beaches. To top it all, they can be hormone disrupting and could lead to life-threatening conditions like toxic shock syndrome.

Enter FLO sanitary products, which are free from plastics and all the chemicals and are instead made entirely from organic cotton and bamboo. Here We Flo's bestseller is a tampon with an applicator made from recyclable sugarcane.

Flo
ORGANIC TAMPONS
Flo
BAMBOO LINERS
24 WRAPPED + ULTRA-THIN
Flo
ORGANIC TAMPONS
Flo
10 DAY + 5 NIGHT
BAMBOO PADS
WINGED + ULTRA THIN

PROLONG YOUR LIFE WITH PAPAYA

IMMUN´ÂGE/FPP

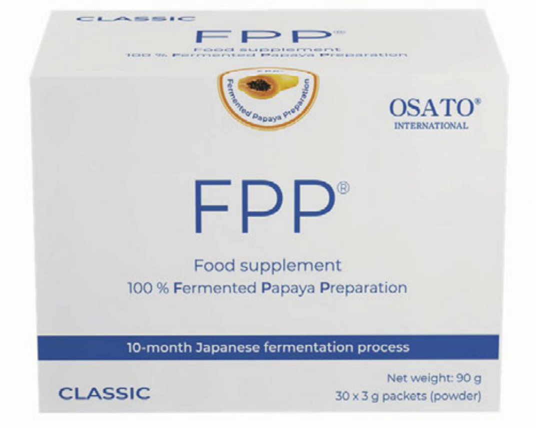
Fermented Papaya Preparation, $64.00/£59.95 (30×3-g packets)

immunage.us/fpp-osato.co.uk

How often have you heard that papaya is good for you? Certainly the health benefits of papaya have been linked to the longevity of many people from native Central American cultures.

FPP stands for Fermented Papaya Preparation, a food supplement made from non-GMO papaya and fermented for 10 months using a Japanese process.

It's said to support immunity, fight off free radicals and stimulate cellular energy.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FPP
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FPP®
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10-month Japanese fermentation process
CLASSIC
Net weight: 90 g
30 x 3 g packets (powder)

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Sleep
IMPROVE SLEEP QUALITY

HAVE A FRUITY SHOT BEFORE YOU SLEEP

B.FRESH

Sleep Shot, £2.80 (1 shot, 70 mL)

b-fresh.co.uk

Could a shot help you sleep? If it's the B.fresh Sleep Shot—yes!

B.fresh is a Shropshire-based company that offers an array of wonderful cold-pressed juice shots individually or in multi-packs. This innovative sleep shot combines amino acids and fruits to deliver nutrients that help you fall asleep faster and enjoy a deeper sleep, including sleep-inducing L-tryptophan, tart cherry, chamomile, kiwi and honey.

B.fresh ticks the sustainable box, too, as their factory is powered by solar energy and all their ingredients are "wonky veg," the ones that supermarkets turn away.

Face masks don't block the Covid virus—but the media doesn't want to know

Masking the truth

Bryan Hubbard

In the murky world of medical research (slogan: The result you want, guaranteed to the highest bidder), the one shining light has been the Cochrane Collaboration.* Its independent research has endeavored to get as close to the truth as humanly possible without fear or favor, which usually means someone somewhere won't like the conclusions.

Just recently, the Cochrane researchers pronounced that wearing face masks didn't stop the spread of Covid-19 or protect you from viruses. So, there was everyone wearing these masks (and they are still around today), affecting their breathing and the castoffs were polluting the environment, and all for nothing—just as *WDDTY* suggested a long time ago.

The researchers analyzed 12 studies that had monitored more than 600,000 people, and two of the studies looked at healthcare workers who were wearing the superior medical or surgical masks. But whatever type of mask was worn, they were just as likely to catch Covid—or any virus, come to that—as someone who wasn't wearing a mask. The masks made "little or no difference," the Cochrane study concluded.

This isn't so surprising when you look at the science. The SARS-CoV-2 virus responsible for Covid-19 is around 50 nanometers in size—it measures 50 billionths of a meter—so the holes in the masks look like giant, welcoming orifices to it, and it passes through with consummate ease.

As usual, the mainstream media ignored the study, but it got picked up on social media. Still the mainstream media didn't want to know, although one of its acolytes, in the guise of the ironically named Trusted News Initiative (TNI), got in touch with the lead researcher, Dr Tom Jefferson, and asked if he'd like to "correct" the tweets and posts he had made that were suggesting masks don't make a difference.

"Do you think it is a misrepresentation to claim that your study definitively proves that masks don't work in preventing the spread of viruses such as Covid-19 and the flu? *If so, I'd be interested in debunking these claims to set the record straight and would love to speak with you more about the study*," an email from a trusted TNI veteran pronounced (italics ours).

Of course, Dr Jefferson had no desire to debunk the comments on social media—because they were a fair and accurate reflection of his study.

But why would the TNI—set up by the BBC, the *Washington Post*, the Associated Press and Reuters in order to stop the spread of "fake news"—wish to suppress the truth, or at least report on a study from an independent group? Isn't the function of the Fourth Estate to hold to account the powerful on the public's behalf? In these strange Covid times, the media has morphed into the mouthpiece of government, a propaganda tool for the rich and powerful to access and employ.

The SARS-CoV-2 virus responsible for Covid-19 is around 50 nanometers in size—it measures 50 billionths of a meter—so the holes in the masks look like giant, welcoming orifices to it

The point hasn't escaped Robert Kennedy Jr, who heads up the Children's Health Defense, which questions the safety of some vaccines and campaigns for safer healthcare for children. He's suing the TNI for suppressing "wholly accurate and legitimate reporting" and depriving people of vital information about matters of legitimate public concern.

The Children's Health Defense has been barred from every social media outlet, and this ban poses an "existential threat," says Kennedy, as it isn't able to fundraise.

The legal suit pivots on an interesting point. Usually, the media can't be sued for printing or, in this case, not printing articles as it's a "free press" that determines what it deems fit to publish. However, argues Kennedy, it isn't a free press as the media has become a government agency, and one that is interfering with the commercial interests of his organization.

The media has also benefited financially by shadowing the government line and has been rewarded with big advertising orders from health agencies and Big Pharma.

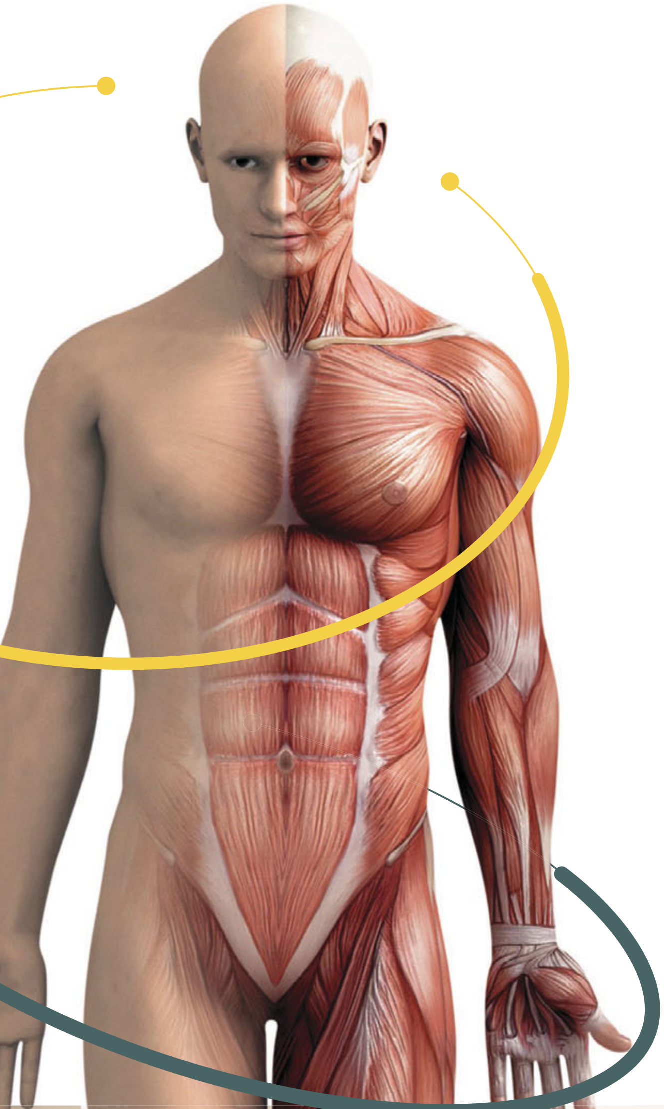
Aside from Kennedy's organization, the only loser is you, but you've been put in such a state of terror by Project Fear that you're unlikely to complain. Or are you?

* Peter Gotzsche, a Danish researcher who co-founded Cochrane in 1993, doesn't agree. He was unceremoniously kicked out in 2018 after his research findings had ruffled too many Big Pharma feathers. He tells the story in his book, *Death of a Whistleblower and Cochrane's Moral Collapse* (Art People, 2019).

WHY HYPERBARIC OXYGEN THERAPY?

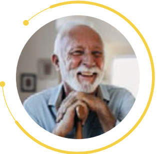
Oxygen fuels the body to promote faster and more effective healing!

henshaw
Hyperbaric Chambers



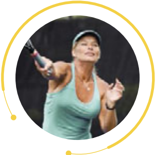
HOW IT WORKS

Mild Hyperbaric Oxygen Therapy (HBOT) saturates body fluids, tissues and cells with oxygen under pressure.



HEALTHY BRAIN

HBOT increases the number of stem cells that migrate to sites of brain injury and promotes the growth of new blood vessels in the brain.



INJURY, RECOVERY & ENDURANCE

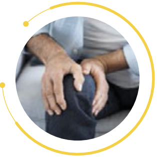
HBOT means recovery times are reduced for athletes, performance is improved and endurance is enhanced.

HEALTHY AGEING

HBOT promotes fast repair of damaged skin cells, diminishing the appearance of lines and wrinkles.

POST SURGERY RECOVERY

HBOT therapy can help reduce swelling, fight infection, and build new blood vessels, ultimately producing healthy tissue.



RELIEVE PAIN & INFLAMMATION

HBOT can provide quick, strong, and long-lasting pain relief while dramatically reducing inflammation.

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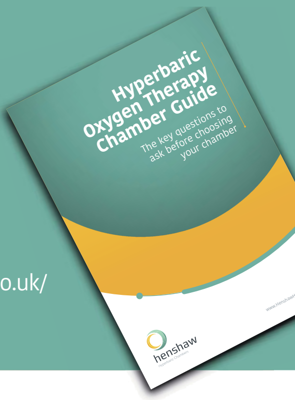
Answers to some of the most frequently asked questions to help you discover if Hyperbaric Oxygen Therapy could benefit you.


Hyperbaric Oxygen Therapy Chamber Guide
The key questions to ask before choosing your chamber
henshaw

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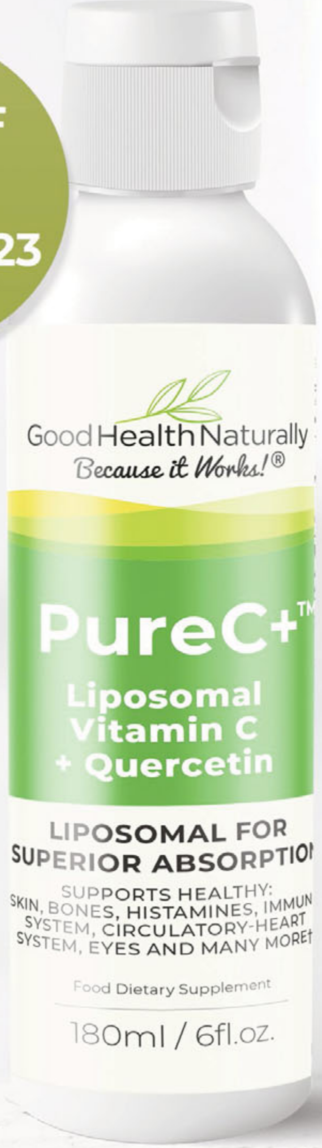
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